

THE HOME COMPANION

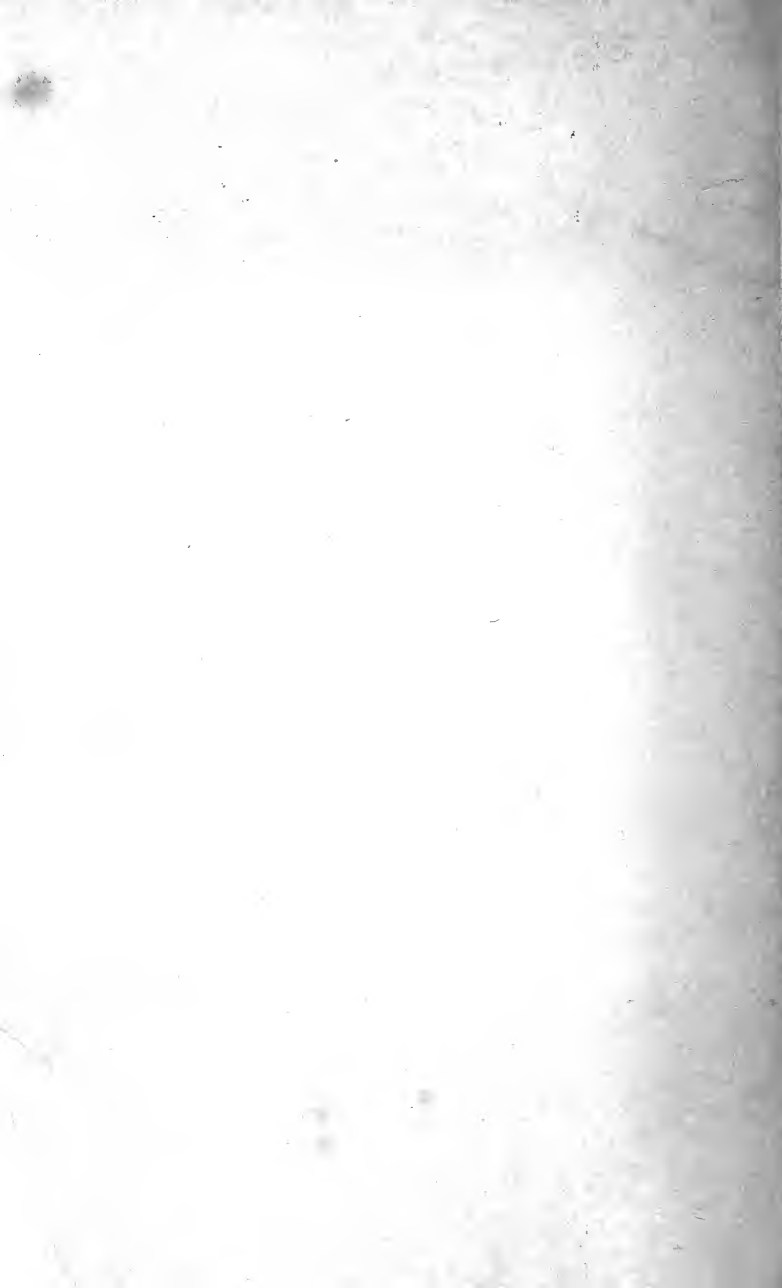
A
GUIDE
AND
COUNSELOR
FOR THE
HOUSE-
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THE HOME "COMPANION"



A Guide and Counselor
for the
Household

The Home Companion Co.
New York

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¶ Here Follows a List of the Subjects on Which We Guide You:

Chapter 1. Matrimony.

An Essay full of good advice.

Chapter 2. The Kitchen and Dining Room.

Containing Hints on Cooking—How to Serve—Cooking Recipes.

Chapter 3. Social.

Hints on Entertaining—Parlor Games and Amusements—Attitude Towards Neighbors—Making Friends—Deportment—Etiquette for All Occasions—Invitations—Letter Writing, etc.

Chapter 4. Medical.

How to Keep Well—Exercise—Hygiene—First Aid to Injured—Simple Remedies for Common Ailments.

Chapter 5. Care of Babies.

A comprehensive article on a most important subject, giving hints on nursing and all things a young mother should know.

Chapter 6. Toilet Hints.

Care of Hair and Teeth—Complexion—The Bath, etc.

Chapter 7. Paternal Duties.

A chapter to Fathers and Mothers, on their duties to their children.

Chapter 8. Matrimonial Pitfalls.

A Talk on how to Avoid Them—How to Please Your Husband—Don't's, for Both Husband and Wife.

Chapter 9. To Husbands.

A Special Chapter for Men—Their Duties to Wife and Home—The Necessity of Insurance—How to Please, etc.

Chapter 10. The Art of Buying.

A Special Chapter Devoted to Hints on—Where, How and When to Buy—Contracting Debts, etc.

Chapter 11. On Law.

Being Legal Hints on Common Affairs—Signing Leases—Mortgages—Buying Property—Taxes—Women's Dower Rights—Wills, etc.

Chapter 12. General Household Hints.

About Furnishing—Cleaning—Care of Clothes—Washing, etc.

EDITORIAL

Being a few
words in
Explanation

O'er the glad waters of the dark blue sea
Our thoughts are boundless and our souls are free
Far as the breeze can bear the billows' foam
Survey our Empire and behold our Home.

—*Bryon*



HOME of Peace and Happiness is the rightful heritage of every woman! The desire is planted in her heart at birth, and until she becomes possessor there is never true contentment. But, possession is not all, Home is a Kingdom where the woman mounts the throne, but the mere wearing of a crown is no assurance of peace and prosperity. The crown is but a symbol; 'tis what the Queen performs that makes for the kingdom's happiness.

And so, dear Madam, accept this book as a guide and counselor to help you perform those loving duties which have become yours through the ties of wedlock.

They are many and complex, as you will find as the years go by; but the burden becomes lighter as knowledge grows. There is much that can only be learned through actual experience, but she who pays heed to the voice of others may all the sooner reap the sweet rewards, and there are no rewards like those of a fruitful marriage.

But much depends on the woman. At the very start she is placed on the pedestal of her husband's affections and crowned the queen of his palace or his cottage. And she must rule with love and wisdom, to secure in the fullest measure that peace and joy which is the consummation of the married state.

Editorial

This book will help. It is designed to guide you in all things bearing on the home, and you will do well to peruse it with care and earnestness. At this moment, however, when you are blinded with romance and sentiment, there is much of its contents which you may claim is not for you, but as time goes by, and everyday life supplants the honeymoon, you will find that everything we say has a personal appeal.

The most loving couples are bound to step into the little pitfalls that beset all, but these we have covered with such good advice that all who read may easily avoid them. So preserve this volume well for both present and future guidance; you will find herein every sort of information that applies to the home, both social and domestic.

In conclusion we offer you our heartiest good wishes and trust that your married life will be crowned with happiness. May it be blessed also with those fruits of love which make the home complete, and in the years that are far away may they rise to do you honor.

Yours Sincerely,

THE EDITOR.

	CHAPTER THE FIRST	
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Matrimony

An Essay Thereon Containing Many Side-Lights of More than Passing Interest



NE of the sweetest ideals that come to a girl when she is going to be married is that of being more nearly her true self. Before this time she may often have wished to be, yet never quite dared; or perhaps circumstances were such that she could not be; but now love gives her the right. Now she may live the days from dawn to night as frankly and lovingly as all her life she has longed to do. The world may confidently expect her to do certain things, to follow certain customs and fashions which it has set down; but she and the one she loves are two people starting out to make their own lives, and they can afford to do without any stilted plans the world offers them.

The chief object of married life.—Besides this dream of being, at last, her true self, the bride-to-be has another new and very beautiful thing to look forward to—I mean the new and deeper companionship. Indeed, the chief object of the new life is companionship. She has had friendships before, but now she looks forward to a love that is a higher kind of friendship; that enfolds and completes all the other relationships of her life. This new relationship can have all the loving patience and honor of the old, but it should have added to it a deeper kindness, a broader sympathy, a greater tenderness. As in friendship, mutual attraction should be its foundation, but mutual joys, mutual ideals, mutual interests should be its upbuilding. Now every joy is to be doubled by being shared, and all sorrows divided.

Perhaps one of the very dearest ideals that comes to a girl at such a time is that of a home of her very own; for home is her true sphere. Nearly every girl knows this instinctively. She knows that “home” is not what a man makes it, but what a woman influences it to be. It is a place where every movement

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needs her, where every little detail reveals her sensitiveness, her good taste, her good judgment or her lack of these things, for it is here that a woman, whether she means to or not, lives out her real ideals.

And here let me speak very plainly to any of my readers who are looking forward to having a home of their very own in the near future. The home over which you are to preside will, in all probability, be planned after your old one; but in each new home there should be, I believe, a bettering of old ideals—if betterment be possible and it usually is. If the old home was not as loving as it might have been, the new one should be all the more loving for that fact; if the old home was warm and hospitable and full of cheer, the new one should be even more so.

It is well for us to remember that it is not the material but the spiritual things of life that are to build up around us the home—a house not made with hands. The interest of house-building, house-furnishing, housekeeping, may be absorbing, if you like, but these things are, after all, incidental, while the interests and duties of home-keeping are fundamental, and reach down to the deepest beauties and truths of life. This is the thing to remember.

You can live with true simplicity.—There is no place where simplicity and truth and earnestness will count so much in your lives as here in your own homes. Here you have the right to live with true simplicity; here you need assume nothing; here, without fear of being misunderstood, you may share your blessings and ideals as frankly as you choose, and bestow freely much of that love with which your own life has been so richly blessed. You have it in your power to make this home your very own, not merely a house adorned to suit the taste of two people, but a home which shall satisfy the needs of many. Here is a place not only for shelter, but for simple, earnest comfort as well; a place where two people shall find their greatest happiness and their noblest employment; a place where they shall not only serve each other unselfishly, but also shall together serve the world. It shall be a place to make the world better and warmer, for it shall not be the house alone that has a guest-room, but

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there shall be a guest chamber in the heart, no less, with all its windows toward happiness.

It is my firm belief that everyone may, without great difficulty, have a home suited to her especial needs. The trouble is we are apt to forget how earnest and simple our especial needs are, and we build and furnish our houses with an eye to the supposed needs of other and richer and more conventional people. We go about laboriously and anxiously selecting expensive furniture and wall-hangings, forgetting all the while what we most truly need to beautify and enrich our homes is a little comfort to keep the heart warm; a little beauty to keep the heart high; a little song to keep the heart glad; and a little thought to keep the heart tender.

The girl who is planning a home of her own often plans far more as to what it shall look like than as to what ideals it shall stand for; she is tempted to lay stress on how it shall compare with the homes of others of equal or greater wealth; and she is apt to forget that it is her happiness which must make its glory; her love which must afford its true comfort; her high-hearted purpose and ideal which must supply its inner grace.

Let there never be a welcome lacking at your door; never a warm word missing at your hearth, nor a misunderstanding word spoken under your roof; never a selfish pleasure planned, and you may, I promise you, have as scant furniture as you please, your home will be well and warmly furnished, yes, though there were in it but the barest necessities.

What justifies a girl in marrying?—There is one question on which I have no great wish to touch in a talk like this, yet it concerns all girls and especially the brides-to-be; I mean the old yet new question of what justifies a girl in giving up her girlhood and marrying.

I hope it does not seem a harsh and sweeping assertion when I say that I believe that no high-minded girl, of truly refined feeling, however she may for a time puzzle over the question and weigh it pro and con, ever finally admits the advisability of marriage without love.

That I believe marriage to be the fullest and most beautiful

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privilege of a girl's life I need hardly tell you; but that it should be held in the greatest reverence, and entered on only when there is a deep and mutual love sacredly to sanction it—surely you will already have guessed that I think this. If a girl's ideals of love and marriage are to be lowered to a level of practicality and utilitarianism, what may we expect of a girl's lesser purposes, and her less solemn ideals? I believe I put the case with safe truth when I say that no man of fine feeling would wish to marry a girl, however much he might love her, if he believed her to be marrying him for practical reasons. In marrying in this way a girl either deceives the man she marries by never letting him know her real motive, or if he knows her motive and still would marry her, he is hardly a man, it seems to me, with whom she may safely trust her happiness. Yet I would not have you think my opinion either harsh or unsympathetic. I can well enough understand that circumstances in a girl's life might be such as to make it difficult to keep to an ideal of this kind. And yet this difficulty, like many another, is, when overcome, only a source of new strength and beauty in our lives. Surely there are many other ideals difficult to keep, too, and yet somehow we cherish them, and, despite much suffering, try not to relinquish them; and yet this one is dearer almost than any, and more worth keeping.

To sum up the ideals that fill the days of the bride-to-be would be too difficult a task, for each girl has a standpoint just a little different from that of any other girl, and little personal ideals all her own; but the ideals I have mentioned are those that are common, or may be common, to all girls; ideals of home, and love, and worthiness, and service. Perhaps the dearest and most general ideal of all is just that of womanliness; to be, as nearly as possible, the ideal woman, for love's sake; to be the one who understands; the one who never fails of constant and enduring sympathy; to gain strength from the one you love, and in turn to lend color and tenderness to all his days; to care more for his happiness, his honor, his fineness, his goodness, than for anything else in the world; to help him to attain his best and truest ideals; so to live that all your days and all your joys and sorrows shall rise and set with his.

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There will be countless little daily tests, there will be all the unavoidable wear and tear of happening and event; all the numerous little trials and perhaps even some very serious difficulties to face; but underlying every event, underlying all tests or difficulties, there will be the abiding love of a womanly woman to ease and comfort, to forgive and overlook, to cheer and help, to soothe and sympathize; a love which, because from the first it has forgotten self, will until the end find all its joy in another. For though the road may lead to-day through nothing but pleasant country, yet it may, if it shall please God to test us, traverse, from time to time, bare and sandy and thirsty places. To bear with one a love which can face all possibilities, and never to start out on the road unless one has such a love—these are dear and beautiful ideals not only for the bride-to-be, but for other girls as well.

The Face Value of Marriage

In our own circles, the outward worth of the marriage tie varies in degree according to character and environment. To the only daughter of a rich widower, for instance, accustomed to entertain on an ample scale and to control a household, the marriage question, considered apart from the prevailing factors of love and passion, appears as a mere shifting of responsibilities, an exchange of employment, as it were, to be undertaken in much the same spirit as that in which the efficient secretary of one statesman resigns her work in order to serve another who gives better pay, or offers equal pay for lesser hours. To one of the junior members of a large family things show in a very different light. Marriage, to such a girl, has all the charm of a new exploit. The dullest duty, the most trivial act of supervision, the responsibility of a house-keeping allowance—these are all new adventures, the opening out of hitherto forbidden delights and joys. To give orders at last instead of to receive them, to prove her competence as a good manager, to assume authority unchecked, to play the pretty unaccustomed part of hostess, to issue invitations without having to ask permission of her elders or to explain why she desires the presence of certain guests, to have obtained the right to accept

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certain acts of courtesy, the lack of which, if omitted, she can resent reasonably, to take her stand once and for all as a woman of ripe experience, and herself make use of the maddening, parrot-like phrase which has so often been levelled against her in the past, "Oh, my dear, if only you were married you would know"—these things mean almost pathetically much to her. In the past she was accustomed to be passed by, overlooked; her share of the day's fulfilments were very few—now she has position and suddenly develops unexpected charms. Her value actually became enhanced from the very hour of her engagement; when indeed she emerged from "the crowd" and became a separate entity. A play recently produced in London has been "written round" this very theme; men are very like sheep, and where one leads, others will follow. The unwanted girl merely "walks on" upon the stage of life; when once she is engaged or is known to have refused an offer or two, she is given a "speaking part;" when she is married, she "plays lead" occasionally. Eyes focus on her, for a time at least; what she says, matters; she becomes momentarily more vital, recognizing the necessity, the exquisite pleasure of those little allurements of sex which she was shy of exercising until now. She was a zero; now, she counts.

To the companion or lady-nurse, drearily earning a day's wages by stifling her individuality and crushing her personal desires, marriage means not only the exchange of a narrow sphere for a wide one, but also the lifting of that leaden weight which only those who have to depend upon their brains to meet all financial liabilities can know. More women than men succumb to the "harass" of continually making two ends meet, which do so only when strained to the uttermost limit. The average woman who has no settled income, and only her wits to depend upon, soon loses youth. Her very dread of illness makes her more prone to its attacks. Marriage, for her, means the end of loneliness—peace after conflict—dignity—the power to call her soul her own—freedom from daily irksome sacrifice. Little things mean absurdly much to most women, and it is in all the little things that such a typical woman has to deny herself ceaselessly. If, in a moment's freedom, she has taken up a book and

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lost herself in the past, she has been probably called away; if she has made engagements "out of hours" it is more than likely that she has been asked to stay later on that special day, as a favor, true, but one which it would be the height of indiscretion to refuse. . . . When she sat down to write an important private letter to catch the mail, it was often to lose it through interruption. Such things effectually break a woman's spirit. Freedom of soul—that vast, incalculable boon—this is what marriage represents to her at first; the loaf to the starving man. Yet all too soon she "grows accustomed," as is woman's way; well-fed, well-housed herself, she forgets that others are famished and homeless.

To the light-minded woman, always hovering on the brink of flirtation, looking fearfully down the precipice and retreating just at the moment when another step would inevitably precipitate her, marriage acts very much as the Alpine crook does to the climber. Without it, it would be impossible to keep on. But no very serious harm can come to her while she makes use of its protection; for it upholds her when her own feet slip. How greatly she depends upon it, she will probably never know until some imminent disaster threatens; by means of it she escapes a thousand risks, for it spells safety. Her point of view matters only because it is so prevalent; she is, herself, of small account in this world's reckoning or the next.

Marriage is the only profession which a woman enters with absolutely no doubt of her competency. She may be the most irresponsible creature in the world but she thinks that the art of ruling a household is, like love or measles—easily caught. . . . Any woman may make or mar any man with whom she is in daily contact. A woman can drag a man down in more ways than one. A wife can belittle her husband at every turn—can, by persistently treating him as an inferior in his own house, end by making him inferior. She can swamp his energy by her idleness, freeze his love of work with her indifference, fritter his money away on trifles until he loses all desire to make provision for the future, deny him pleasure and outlet at every turn. I have no sympathy for such wives when their husbands leave them. Husbands would indeed never stay but for the children. . . .

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Useless subjects enough are taught in modern schools. "How to be a good wife" would be an attractive variety.

Never expect me to pity a woman who can't keep her husband. . . . She is a fool. For men are naturally much more domestic animals than women. The ties of daily intimacy make enduring claims upon them. A man may be consumed by the fires of an undying passion for one woman, but he is dependent upon the one he lives with, if she will only minister to his daily needs, and be ready with a new dish or a soothing medicine when required. Daily routine tells with men. They are creatures of habit, who miss even the harshest voice when once they have grown used to it.

The Anglo-Saxon race, rolling its tongue with unction, speaks of marriage as an "institution"—of all dreary terms. The Latin races, who recognize the value of symbols, look upon it as a sacrament. . . . To the modern novelist it is too often the dingy thread with which they weave so-called romances of mean things; within the last seventy years the views of those who write of love have changed considerably. To the dramatist, marriage is the key of a thousand subtle complications, at once his safeguard and his peril, for the public eye is more and more increasingly bent on censoring his work. "At a wedding men laugh and women cry," writes the Queen of Roumania; the subject makes for epigram.

Marriage—the institution! The phrase is apt in its way. It has four walls of safety, and a grave dignity of aspect; it is fenced round with superstition and you can escape from it only by the back way All manner of rules and regulations are pasted on its walls; some inmates obey them, some do not, and punishment ensues. The whole edifice is attractive, yet withal there is a certain monotony of aspect. The routine is unvarying, the view is naturally restricted; whether the life is orderly or not depends so much upon an exercise of tact The inside is rather homely, the outside generally gray, but it withstands the war of elements. The little winds beat up against it, fierce storms occasionally play, thunder and lightning threaten it, but usually it is invulnerable. In the midst of havoc and change and wreck, it faces you worn and battered but with

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an unalterable courage; only a very great disaster will ever shatter it and bring it low.

Marriage, the sacrament, is another question. People talk of the early days of marriage as though all the sweetness and ardor and passion and delicacy of life were centered in them, whereas it is only the outline of the picture which is then roughed in. When a man and woman love each other, really and intimately and closely in the perfection of union, veils fall from them and every veil discloses a new beauty. The near intimacy of mind, of soul, can only be dimly guessed at in those early days of companionship; the soul has to be saturated with all both man and woman can give before the real union between them is accomplished. That is fulfilment, and strength, the "I in Thee and Thee in Me" of which Shakespere sings in his sonnets, the perfect possession in which both give and take with all they are and all they have. Love—the great miracle—works with a certain method; in these things the man of riper experience must always be the master at first, but if the woman be his true mate she will leap to his side. Time shows them infinite varieties of paths along which they can travel; sometimes she leads and he follows, sometimes she follows where he leads. But if all is well between them, they will meet and mix and mingle and rob the sun of its glory and the spring of its scent.

The real value of marriage is something widely different. The bodily union of man and woman brings mental strength as well as physical. I think that almost any woman who is a true artist at heart will admit that in the dear delights of her completion and fulfilment a new Heaven and a new Earth have opened out A man acts upon a woman as the potter's wheel upon the clay. He moulds her. Women fashion the tender, rounded limbs of children beneath their hearts, loving them infinitely in the making, but they themselves have first to be "made" by the man who loves them. Even the memory of that union puts fire into our work, makes cold words glow and colors all the brush-work of the picture with living flame. We evade the issue sometimes, saying pain alone makes the true artist, but it is the rending pain of that fierce love of man and woman from which alone work worth creating springs—and all the schools and all the

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classes in Christendom will not teach a woman one tithe of what she learns when she gives herself to be drowned in the deep waters of a man's love.

We talk of the wonders of science, but there is no wonder comparable to the revealing of a man's heart to a woman or a woman's heart to a man. It makes for the finest epic, the great drama. But in the waste of things, this great hidden force is either left unrecognized, or is crushed out as though there were any shame in love, and nakedness of soul was not the supreme truth! In the last day, it is said, the secrets of all hearts shall be disclosed before the judge; between those who love truly, there should be no secrets to reveal. Joy is at its climax when it admits that it is joy; no physical mating is worth having that leaves the soul and mind without their kindred mates.

Children form the most enduring ties of modern marriages; they count even against the close bond that exists between a man and woman whose love must perforce remain unacknowledged. They stand for rectitude and honor against the most passionate claims of love and license, and prevail. They are the inadequate wife's safeguard, as they are the lovers' desire. It is to ensure their comfort that many widows who are "widows indeed" give up their memories and become wives again. The very weakness of children gives them power; "the cord breaks at the weakest pull," as the old Spanish proverb has it. The need of them, the want of them, is a compelling thing; the claims of fatherhood and motherhood rank for the average man and woman above the claims of wifely or husbandly duty. To save the bone of his bone and the flesh of his flesh no man can grudge even the greatest sacrifice of happiness.

CHAPTER THE SECOND

The Kitchen and Dining Room

THE care of the kitchen and dining room is one of the most important of matrimonial duties. While we do not believe with the cynic that a man's heart is reached through his stomach, there is no denying that a well governed culinary department is a short cut to domestic happiness. The young housewife, therefore, should study this feature well and make herself thoroughly acquainted with all things pertaining to it. By all means she should do her own buying and personally superintend the cooking and serving of the food. To aid her in this, we start this chapter with a complete and comprehensive guide to seasonable food. It tells the articles of food which are in season each month of the year, which all will grant is a very good thing to know.

JANUARY

Fish.—Cod, crabs, eels, flounders, herrings, lobsters, oysters, perch, pike, sturgeon, porgies.

Meat.—Beef, lamb, mutton, pork and veal.

Poultry and Game.—Capons, chickens, ducks, fowl, geese, partridges, pheasants, pigeons, pullets, rabbits, snipe, turkey (hen), woodcocks.

Vegetables.—Beets, sprouts, cabbage, carrots, celery, onions, parsnips, potatoes, turnips.

Fruit.—Almonds, apples.

FEBRUARY

Fish.—Cod, crabs, flounders, herring, oysters, perch, pike, sturgeon, porgies.

Meat.—Beef, lamb, mutton, pork, veal.

Poultry and Game.—Capons, chickens, ducklings, fowl (wild), green geese, partridges, pheasants, pigeons (tame and wild), pullets, rabbits, snipes, turkey, woodcocks.

The Kitchen and Dining Room

Vegetables.—Beets, cabbage, carrots, celery, mushrooms, onions, parsnips, potatoes, turnips.

Fruit.—Apples, chestnuts, oranges.

MARCH

Fish.—Eels, crabs, flounders, lobsters, mackerel, oysters, perch, pike, shrimps, smelts, sturgeon, porgies.

Meat.—Beef, lamb, mutton, pork, veal.

Poultry and Game.—Capons, chickens, ducklings, fowl, green geese, pigeons, rabbits, snipe, turkey, woodcocks.

Vegetables.—Beets, carrots, celery, water cress, onions, parsnips, potatoes.

Fruit.—Apples, chestnuts, oranges.

APRIL

Fish.—Shad, cod, crabs, eels, flounders, halibut, herrings, lobsters, mackerel, oysters, perch, pike, salmon, shrimps, smelts, sturgeon, trout, porgies.

Meat.—Beef, lamb, mutton, pork, veal.

Poultry and Game.—Chickens, ducklings, fowl, green geese, leverets, pigeons, pullets, rabbits, turkey poults, wild pigeons.

Vegetables.—Onions, parsnips, spinach, turnip and rhubarb.

Fruit.—Apples, nuts, oranges, pears.

MAY

Fish.—Shad, cod, crabs, eels, flounders, halibut, herrings, lobsters, mackerel, perch, pike, salmon, shrimps, smelts, sturgeon, trout, clams.

Meat.—Beef, grass-lamb, mutton, pork, veal.

Poultry and Game.—Chickens, fowl, green geese, pigeons, pullets, rabbits.

Vegetables.—Artichokes, green peas, asparagus, kidney-beans, cabbage, carrots, onions, peas, potatoes, radishes, rhubarb, lettuce, spinach, turnips.

Fruit.—Apples, pears.

The Kitchen and Dining Room

JUNE

Fish.—Cod, shad, crabs, eels, flounders, herrings, lobsters, mackerel, perch, pike, salmon, clams, smelts, sturgeon, trout, catfish, blackfish.

Meat.—Beef, grass-lamb, mutton, pork, veal.

Poultry and Game.—Chickens, ducklings, fowl, green geese, pigeons, pullets, rabbits.

Vegetables.—Asparagus, beans, white beets, cabbage, carrots, cucumbers, leeks, lettuce, onions, parsley, peas, potatoes, radishes, spinach, turnips.

Fruit.—Apples, apricots, cherries, currants, gooseberries, melons, pears, strawberries.

JULY

Fish.—Cod, crabs, flounders, herrings, lobsters, mackerel, perch, pike, salmon, trout, bluefish, blackfish, bass, pickerel, catfish, eels, clams, porgies.

Meat.—Beef, grass-lamb, mutton, veal.

Poultry and Game.—Chickens, ducks, fowl, green geese, leverets, pigeons, plovers, rabbits, wild pigeons.

Vegetables.—Artichokes, asparagus, beans, carrots, cauliflower, celery, cucumbers, herbs of all sorts, lettuce, mint, mushrooms, peas, potatoes, radishes, spinach, turnips, tomatoes, Carolina potatoes.

For Drying.—Mushrooms.

For Pickling.—French beans, red cabbage, cauliflower, garlic, gherkins, onions.

Fruit.—Apples, apricots, cherries, currants, gooseberries, melons, nectarines, peaches, pears, oranges, pineapples, plums, raspberries, strawberries.

AUGUST

Fish.—Cod, eels, crabs, flounders, herrings, lobsters, mackerel, perch, pike, salmon, bluefish, blackfish, weakfish, sheepshead, trout, porgies, clams.

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Meat.—Beef, grass-lamb, mutton, veal.

Poultry and Game.—Chickens, ducks, fowl, green geese, pigeons, plover, rabbits, wild ducks, wild pigeons, redbird.

Vegetables.—Artichokes, beans, white beets, carrots, cauliflower, cucumbers, pot-herbs of all sorts, leeks, lettuce, mushrooms, onions, peas, potatoes, radishes, spinach, turnips, tomatoes.

For Pickling.—Red cabbage, tomatoes, walnuts.

Fruit.—Apples (summer pippin), cherries, currants, gooseberries, grapes, melons, mulberries, nectarines, peaches, pears, plums (green gages), raspberries.

SEPTEMBER

Fish.—Cod, crabs, eels, flounders, lobsters, oysters, perch, pike, shrimps, porgies, blackfish, weakfish.

Meat.—Beef, mutton, pork, veal.

Poultry and Game.—Chickens, ducks, fowl, green geese, partridges, pigeons, plover, rabbits, turkey, wild ducks, wild pigeons, wild rabbits, quail.

Vegetables.—Artichokes, beans, cabbage, carrots, cauliflower, celery, cucumbers, herbs of all sorts, leeks, lettuce, mushrooms, onions, parsnips, peas, potatoes, radishes, turnips, tomatoes.

Fruit.—Apples, grapes, hazel-nuts, peaches, pears, pineapples, plums, quinces, strawberries, walnuts.

OCTOBER

Fish.—Cod, crabs, eels, sturgeon, halibut, lobsters, mussels, oysters, perch, pike, salmon-trout, shrimps, smelts, porgies.

Meat.—Beef, mutton, pork, veal.

Poultry and Game.—Chickens, ducks, fowl, green geese, larks, partridges, pheasants, pigeons, redbird, blackbird, robins, snipe, turkey, wild ducks, wild pigeons, wild rabbits, woodcocks, teal.

Vegetables.—Artichokes, cabbage, cauliflower, celery, herbs

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of all sorts, onions, parsnips, peas, potatoes, radishes, salad, spinach (winter), tomatoes, turnips.

Fruit.—Almonds, apples, hazel-nuts, grapes, peaches, pears, quinces, walnuts.

NOVEMBER

Fish.—Cod, crabs, eels, gudgeons, halibut, lobsters, mussels, oysters, perch, pike, salmon, shrimps, smelts, porgies, flounders.

Meat.—Beef, lamb, mutton, pork, veal, venison.

Poultry and Game.—Chickens, ducks, fowl, geese, larks, partridges, pheasants, pigeons, rabbits, snipe, turkey, wild ducks, woodcocks, robins.

Vegetables.—Beets, cabbage, carrots, celery, herbs of all sorts, lettuce, onions, parsnips, potatoes, spinach, tomatoes, turnips.

Fruit.—Almonds, apples, chestnuts, hazel-nuts, grapes, pears.

DECEMBER

Fish.—Cod, crabs, eels, halibut, lobsters, oysters, perch, pike, salmon, shrimps, smelts, sturgeon.

Meat.—Beef, lamb, mutton, pork, veal, venison.

Poultry and Game.—Capons, chickens, ducks, fowl, geese, guinea-fowl, hares, larks, partridges, pheasants, pigeons, rabbits, snipe, turkey, wild ducks, woodcocks.

Vegetables.—Beets, cabbage, carrots, celery, herbs of all sorts, lettuce, onions, parsnips, potatoes, spinach, turnips.

How to Judge Fish and Meats

Few housewives know how to tell when certain foods are thoroughly fresh. We give here a short description of how to judge both meat and fish, which will be found of great value to the good housekeeper

Mackerel must be perfectly fresh, or it is a very indifferent fish; it will neither bear carriage, nor being kept many hours out of the water. The firmness of the flesh and the clearness of

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the eyes, must be the criterion of fresh mackerel, as they are of all other fish.

Flounders, and all flat white fish, are rigid and firm when fresh; the under side should be of a rich cream color. When out of season, or too long kept, this becomes a bluish white, and the flesh soft and flabby. A clear, bright eye in fish, is also a mark of being fresh and good.

Cod is known to be fresh by the rigidity of the muscles (or flesh); the redness of the gills, and clearness of the eyes. Crimping much improves this fish.

Salmon.—The flavor and excellence of this fish depends upon its freshness; for no method can completely preserve the delicate flavor it has when just taken out of the water.

Herrings can only be eaten when very fresh, and like mackerel, will not remain good for many hours after they are caught.

Fresh Water Fish.—The remarks as to firmness and clear, fresh eyes, apply to this variety of fish, of which there are pike, perch, trout, bass, pickerel, etc.

Lobsters recently caught have always some remains of muscular action in the claws, which may be excited by pressing the eyes with the finger. When this cannot be produced, the lobster must have been too long kept. When boiled, the tail preserves its elasticity if fresh, but loses it as soon as it becomes stale. The heaviest lobsters are the best; when light, they are watery and poor. Hen lobsters may generally be known by the spawn or by the breadth of the "flap."

Crabs must be chosen by observations similar to those given above in the choice of lobsters. Crabs have an agreeable smell when fresh.

Shrimps, when fresh, are firm and crisp.

Oysters.—If fresh the shell is firmly closed; when the shells of oysters are opened, they are dead and unfit for food. The small shelled oysters are the finest in flavor. Larger kinds, called rock oysters, are generally considered only fit for stewing and sauces, though some persons prefer them.

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Beef.—The grain of ox beef, when good, is loose, the meat red, and the fat inclining to yellow. Cow beef, on the contrary, has a closer grain, a whiter fat, but meat scarcely as red as that of ox beef. Inferior beef, which is meat obtained from ill-fed animals, or from those which have become too old for food, may be known by a hard, skinny fat, a dark red lean, and, in old animals, a line of horny texture running through the meat of the ribs. When meat pressed by the finger rises up quickly, it may be considered as that of an animal which was in its prime; when the dent made by the pressure returns slowly, or remains visible, the animal had probably passed its prime, and the meat consequently must be of inferior quality.

Veal should be delicately white, though it is often juicy and well flavored when rather dark in color. Butchers, it is said, bleed calves purposely before killing them, with a view to make the flesh white, but this also makes it dry and flavorless. On examining the loin, if the fat enveloping the kidney be white and firm looking, the meat will probably be prime and recently killed. Veal will not keep so long as an older meat, especially in hot or damp weather; when going, the fat becomes soft and moist, the meat flabby and spotted, and somewhat porous, like sponge. Large, overgrown veal, is inferior to small, delicate, yet fat veal.

Mutton. The meat should be firm and close in grain, and red in color, the fat white and firm. Mutton is in its prime when the sheep is about five years old, though it is often killed much younger. If too young, the flesh feels tender when pinched, if too old, on being pinched it wrinkles up, and so remains. In young mutton, the fat readily separates, in old, it is held together by strings of skin. In sheep diseased of the rot, the flesh is very pale colored, the fat inclining to yellow, the meat appears loose from the bone, and, if squeezed, drops of water ooze out from the grains; after cooking the meat drops clean away from the bones.

Lamb.—This meat will not keep long after it is killed. The large vein in the back is bluish in color when the fore-quarter is fresh, green when becoming stale. In the hind-quarter, if not

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recently killed, the fat of the kidney will have a slight smell, and the knuckle will have lost its firmness.

Pork.—When good, the rind is thin, smooth, and cool to the touch; when changing, from being too long killed, it becomes flaccid and clammy. Enlarged glands, called kernels, in the fat, are marks of an ill-fed or diseased pig.

Bacon should have a thin rind and the fat should be firm and tinged red by the curing; the flesh should be of a clear red, without intermixture of yellow, and it should firmly adhere to the bone. To judge the state of a ham, plunge a knife into it to the bone; on drawing it back, if particles of meat adhere to it, or if the smell is disagreeable, the curing has not been effectual, and the ham is not good; it should, in such a state, be immediately cooked. In buying a ham, a short, thick one is to be preferred to one long and thin.

Venison.—When good, the fat is clear, bright, and of considerable thickness. To know when it is necessary to cook it, a knife must be plunged into the haunch, and from the smell the cook must determine on dressing or keeping it.

Turkey.—In choosing poultry the age of the bird is the chief point to be attended to. An old turkey has rough and reddish legs; a young one smooth and black. Fresh killed, the eyes are full and clear, and the feet moist. When it has been kept too long, parts about the vent begin to wear a greenish, discolored appearance.

Common Domestic Fowl, when young, have the legs and comb smooth; when old, they are rough, and on the breast long hairs are found instead of feathers. Fowl and chicken should be plump on the breast, fat on the back and white legged.

Geese.—The bills and feet are red when old, yellow when young. Fresh killed, the feet are pliable, stiff when too long kept. Geese are called green while they are only two or three months old.

Ducks.—Choose them with supple feet and hard, plump breasts. Tame ducks have yellow feet, wild ones red.

Pigeons are very indifferent food when they are too long kept. Suppleness of the feet show them to be young; the state

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of the flesh is flabby when they are getting bad from keeping. Tame pigeons are larger than the wild.

Rabbits, when old, have the haunches thick, ears are dry and tough, and the claws blunt and ragged. A young hare has claws smooth and sharp, ears that easily tear, and a narrow cleft in the lip. A leveret is distinguished from a hare by a nob or small bone near the foot.

A Few Recipes

Fried eggs.—First have pan hot, and the butter or lard, or gravy which you are to use, steaming; drop in each egg from a cup, and cover them over until the whites are set. It is a mistake in frying eggs to have the yoke hard and browned.

Boiled eggs.—Put it into boiling water, allow water to come to boiling point again, then give it three minutes, and the egg will be cooked. Try this method as an improvement—Place the egg in a pan with cold water, put it over the fire, and the moment that the water boils take out the egg, it is ready. You will find that the white of the egg cooked in this way is much more digestible and delicate than of one which has been “galloped” for three minutes.

Poached eggs.—A dish of poached eggs may be partaken of by those whose digestive powers are weak or by convalescents. To poach eggs proceed thus—Break the egg into a cup without in any way hurting the yolk. Into a deep, clean frying-pan pour some boiling water and a little vinegar. The correct proportion of the vinegar is one teaspoonful to every pint of water. Bring this to the boil again and carefully slip in the egg. That the white may have a compact appearance turn the cup over it for half a minute. After having slipped in the egg, place the pan over a gentle fire and keep the water just simmering until the white of the egg seems to be properly set. Now carefully lift the egg out and cut away any uneven edges. Serve it on a nicely browned piece of toast, or on a slice of ham or bacon. According to its size the egg should take about $2\frac{1}{2}$ or $3\frac{1}{2}$ minutes to cook in this way. Be careful not to let it be overdone.

Curried eggs.—Cut up small one large onion and one apple, put in stewpan with one ounce of butter, and stir over a moderate

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fire till slightly browned. Add one tablespoonful of curry powder and half a tablespoonful of flour. Mix well, and add a pint of water, simmer slowly for an hour, then add a little salt and, if desired, a little lemon juice. Strain and pour it over either hard boiled eggs cut in halves or lightly poached eggs. Serve with well-boiled rice.

Scrambled eggs.—Beat the yolks and whites of two or three eggs thoroughly, and season with pepper and salt. Allow an ounce of butter to two eggs; melt it in a saucepan; pour the beaten eggs therein, and hold the pan over the fire till the mixture sets. Stir 'round the sides and bottom with a wooden spoon, so as to cook evenly, and when the eggs are set, but not hard, serve on squares of hot buttered toast.

Cheese and eggs.—Take $\frac{1}{4}$ lb. old cheese, a teaspoonful milk, two eggs, a pinch of salt, a pinch of pepper, and a small piece of butter. Cut the cheese very thin; put it into a frying-pan with half the milk, butter, pepper and salt. Stir until the cheese is melted, then add the eggs well beaten, with the rest of the milk. Cook for one minute, then spread on hot toast.

Savory omelet.—Beat up two or three eggs thoroughly, add two teaspoonfuls of minced parsley, and, if desired, a similar quantity of minced cold meat, ham, or chicken; season with pepper and salt. Melt $1\frac{1}{2}$ oz. butter in the omelet pan, and pour in the mixture. Stir with a spoon very carefully at side and bottom for a few minutes. When quite soft, slip it from the pan on to a hot dish; fold up the sides and serve.

Fish croquettes.—Fish croquettes are made with cold fish—left over, say, from a previous day's dinner. Divide the fish nicely into flakes and season with pepper and salt. With an equal quantity of bread crumbs (grated) and an egg or two well beaten, make it into a paste. Shape this into croquettes, dip each first in beaten eggs, then in bread crumbs, and fry in very hot lard or butter until a golden color.

Fish cakes.—Any kind of fresh fish left over is suitable for the cakes. While the fish is still warm carefully remove all skin and bones, shred the fish by means of two forks, put it into a bowl and beat with a small wooden spoon until smooth.

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(By the way, always use a wooden spoon in preference to a metal one for mixing ingredients, and for cooking purposes generally.) Suppose you have six ounces of fish, add four ounces mashed potatoes entirely free of lumps, one ounce of good butter, salt and pepper, and a dessertspoonful of chopped parsley, mix thoroughly, and set the bowl in a cool place. Next morning moisten the mixture with a well-beaten egg, make up into small, round cakes about half an inch thick, and coating these firmly with bread crumbs and egg, fry in hot clarified fat until nicely browned. Drain well, and serve crisp on a dish garnished with some sprigs of parsley.

Sausages.—These may either be fried in plenty of boiling fat, taking care to prick them well with a fork to prevent their bursting, or they may be skinned, dipped in egg and bread crumbs, and either fried or roasted.

Kidneys on toast.—Mince two sheep's kidneys, put half ounce butter into a pan, and when quite hot stir in the kidneys and keep stirring for five minutes; then add the yolk of one egg, salt, pepper, and a few drops of lemon juice. Mix well together, and serve on pieces of buttered toast.

Bacon and tomatoes.—Fry the bacon in the usual way. While it is cooking slice two or three tomatoes, and when you have removed the rashers fry the slices of tomatoes, well sprinkled with salt and pepper. Place the bacon in the center of the dish, and pile the tomatoes on the top or 'round the edge. Mushrooms or potatoes may be substituted for the tomatoes, and cooked in practically the same manner.

Omelette aux Champignons.—For an omelette of six or eight eggs break them in a bowl, add salt and pepper, and beat them with a fork for about a minute. It is a great mistake to beat them too long. Place the pan on the fire to warm it, put in a small piece of butter about the size of an egg (for an omelette of six or eight). Add the contents of the bowl when the butter steams. A second or two later a fork must be passed round the sides of pan to loosen the eggs, and now they are worked in all directions with the back of fork. When sufficiently cooked they look almost like scrambled eggs. Add chopped-up cooked mushrooms (two or three). Shake omelette on to

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one side of pan, and with the fork one side is folded on to the other and slid on to dish.

Pigeons en Compote.—Fry some small pieces of bacon till nicely colored in a little butter in a casserole; then lift them out, and replace them with one or two pigeons according to what you require, and let these cook till nicely colored; then dust them with flour, moisten them with some good stock, put back the bacon, add a bunch of herbs and two or three mushrooms; when the birds are three parts cooked, put in some small button onions, previously cooked in a little butter till nicely colored, and add a very little castor sugar; when the birds are cooked, lift out the bunch of herbs, skim off all the fat, and serve in the casserole. If liked, some small young carrots and green peas may be added, and these are a decided improvement.

Banana Fritters.—Remove fruit from skins, scrape, cut in halves lengthwise and cut each half in two crosswise. Sprinkle with powdered sugar and two tablespoonfuls of lemon-juice. Cover and let stand thirty minutes. Mix one cupful of flour and a quarter of a teaspoonful of salt. Add gradually, while stirring and beating constantly, half a cupful of milk; then add the yolks of two eggs beaten until thick, one tablespoonful of melted butter and the whites of two eggs beaten until stiff. Dip pieces of banana in batter, fry in deep fat and drain on paper. Sprinkle with powdered sugar, and arrange on a plate covered with a folded serviette or doily.

Ice Cream

First of all you require a freezer. Now, this may be made of a common tin can or flagon with a close-fitting lid and a handle. Say that it is big enough to hold a quart of milk. You will require in addition, a wooden vessel considerably larger than the can—say, a small-sized wooden pail. You will now require a quantity of ice and a few handfuls of coarse salt. Break down the ice in small pieces, place a layer of it at the bottom of your small pail, and on the ice throw a handful of salt. Now place the tin can on the ice, and pack in pieces of ice all 'round about the tin till the pail is nearly full. The can should now be standing in ice, and be surrounded with ice, and your ap-

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paratus is now ready for freezing. Now for the cream. If you wish to make ordinary store ice cream take a cupful of milk, and beat up a yolk of an egg in it. Then add a spoonful of corn flour, some sugar to taste, and any flavoring, such as essence of lemon or bitter almonds. Boil this now till it turns into a kind of custard, thin it down with milk till it is as thin as good cream, and pour it into the freezing can. Put on the lid, and, catching the handle of the can, twirl it 'round among the ice as fast and as constant as you can. In a few minutes, on taking off the lid, you will perceive that some of the mixture is frozen to the side of the can. Scrape it down among the rest of the milk with a wooden spoon, put on the lid quickly, and twirl away till you get it frozen as much as you desire. A very superior kind, called strawberry ice cream, is made with half a pint of strawberries, a pint of cream, five cents worth of milk, a few drops of cochineal, and sugar to taste. This should fill a quart shape, and forms a mixture of a very superior quality. Be careful not to let any of the salt or salted ice from the pail get into the can. Rock salt is even better than common salt, and the ice should be firmly packed 'round the can. Keep the pail in a cool place, and cover it with a blanket to keep out the heat when not stirring.

Manners at table.—Nothing so surely betrays the fact that a man or woman is a novice in good society as the awkward manner in which he or she comports himself or herself at table. If we possess any politeness or refinement whatever, we ought certainly to manifest it at our own table, and if we conduct ourselves properly there, we shall not transgress the written or unwritten laws of etiquette very sadly at any formal dinner or entertainment. Everybody does not yet know, for instance, that a knife is intended solely for the purpose of cutting food, and that on no account should it be used to convey food to the mouth. Then the man who plies himself alternately with miniature heaps, first on knife and then on fork, is in danger of suffering from chronic dyspepsia, for it stands to reason that he who only uses a fork will partake of his meal in a more leisurely fashion than he who presses both knife and fork into his service. These articles should never be removed from the plates, further than for eating purposes. They should not be allowed to find

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their way to the tablecloth, nor to repose in one's hands below the level of the table. If a plate is being handed for a second helping, they should be placed at a side, and if one has finished, they should be together in the center thereof, as, if crossed they suggest that a further supply is desired.

The *serviette* is provided not only as a protection to dress, but also for use in wiping the mouth occasionally, but not ostentatiously. People are apt to forget that food leaves traces on the lips, and nothing looks worse than the remains of the matutinal egg smeared across one's mouth, which ought to be kept closed during the process of mastication. Then one ought to avoid giving vocal or instrumental accompaniments at table, either in the form of undue noise in masticating the food, or by rattling knives, forks or dishes. If one eats slowly and calmly, there is little chance of "spilling" anything, or soiling the pristine beauty of the tablecloth. The worst sinners in this respect are those old-fashioned folks who indulge in "saucer" or "washerwoman's" tea. They empty the liquid from cup to saucer, and, not knowing how to accommodate the former, calmly plant it on the spotless cloth, or else on their own plate, where it damps the bread or cake thereon. Equally provoking are those who stir their tea with the violence of a hurricane, and then omit to transfer the spoon from cup to saucer before drinking, with the result that the cup is top-heavy, and its contents are spilt. Is it necessary to remark that one ought never to attempt to speak when one's mouth is full? Children from their earliest years should be trained to behave properly at table, and should be educated in the uses of knife and fork and spoon. They should not be permitted to sing or whistle when at food, and should be rebuked—gently though—for being "messy." They should learn to butter and cut their own bread in fingers, and eat it nicely, instead of attacking it ravenously. Indeed, the way some children of a larger growth wrestle with a refractory crust is sufficient almost to dislocate their jaws, or break their teeth.

CHAPTER THE THIRD

Pertaining to All Matters of a Social Character



THE social side of life is, without question, one of the most important. Life with many people is a dull routine of work and sleep, so anything that can be done to brighten conditions should be cultivated extensively. The home should be a place of rest and recreation and the clever housewife should always strive to make her home as bright as possible, lightening the hours with entertainment and doing her utmost to cultivate the presence of friends. In performing these duties both husband and wife should have some knowledge of the laws of etiquette, for in this way one may escape the many pitfalls that lie in the path of misunderstanding.

Etiquette originally denoted the card on which was inscribed the forms of procedure to be observed at Court on certain occasions. Now it signifies the code of laws which governs or regulates our entire social system. Some of these rules are comparatively modern, and have been framed to meet the exigencies of the times, whilst others are survivals of ancient customs, which have either come down to us in a modified form or have been evolved during the progress of successive centuries. The standards of good manners have not always been raised so high nor dictated by such good sense and taste as they are at present. Within the last hundred years a marked improvement is to be noted, and the rough language and "swear words" with which the aristocracy thought fit to garnish their conversations in the beginning of the century, have been superseded by a more refined manner of speech, and the horse-play and coarse humor in which they also indulged have been utterly abandoned in favor of more cultured forms of behavior and amusement. Our country is not alone in this respect, for the same refining influences of civilization have been at work in most European countries, and the study of the contrast afforded by the manners of ancient and modern times proves exceedingly

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interesting. Ideals of politeness, like fashions, have always been subject to change. One generation considered a lisping, stilted form of speech and an affected, artificial manner indications of good breeding; whilst the following one, recognizing the absurdity of such, ran to the opposite extreme, and reverted to a brusque, abrupt style of talking and behavior which bordered almost on brutality. Now we appear to have attained to the golden mean of conduct, and, avoiding the over-elaborateness of the one period and the want of cultivation apparent in the other, aim at combining goodness with gentleness and simplicity with charm. In manners, as in life itself, the heart is the part that makes us right or wrong, and the good breeding is just as much the prerogative of the peasant as of the prince. Rank, position, wealth, and education do not necessarily bring in their train chivalrous, gentle instincts, sympathetic consideration for the feelings of others, and genuine kindness of heart. Thackeray's ideal of Nature's nobleman is he "who is honest, gentle, generous, brave, and wise, who possesses all these qualities and exercises them in the most graceful, outward manner." If our hearts are right, our manners cannot be very far wrong, although we may not be versed in all the laws of etiquette, which are being constantly altered, although the principles practically remain unchanged. Still it is desirable that our manners should mirror our mind and character, and it is a pity when the effect is spoiled by harshness of voice, incorrect speech, awkwardness of gait, or disregard of the customs which obtain in polite circles. Our manners are our credentials, which we present wherever we go, and, according as they are good or bad, we are judged by our fellow-men and women in the world at large. We may be intellectually great, or have achieved a notable triumph in art or science, or in other domains, but as we do not go about branded in any way, our casual acquaintances have little chance of ascertaining our position or our attainments, and so our only means of impressing them favorably or of winning their regard is by the gentleness of our manners.

Sincerity and simplicity ought to be the distinguishing features. Everything which savors of pretence, of boasting, of loudness

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or roughness in any form, or of aping people and things beyond the reach of our purse and position, is in the very worst taste, and can only be condemned as the ugly mark of vulgarity, which is opposed to all the canons of good-breeding. Courtesy, which is the antipodes of vulgarity, has been felicitously defined by the Earl of Chatham as that "happy quality which never fails to make its way into the good opinion and into the very heart." Montaigne also wrote of this virtue—"It is a science of the highest importance. It is like grace and beauty in the body, which charm at first sight and lead on to further intimacy and friendship, opening a door that we may derive instruction from the example of others, and at the same time enabling us to benefit them by our example, if there be anything in our character worthy of imitation." It has been designated "love in little things," just as politeness has been characterized as "the art of pleasing." Courtesy is the oil which, poured on the troubled waters of life, spreads smoothness and softness all around, stills the restless, angry waves of strife and passion, or, dropped into the midst of our great human machinery, lessens its friction and its fret. It is a plant which, with a little attention and cultivation, may bloom sweetly in every home, and diffuse grace and beauty into many dull, monotonous lives. It is the art of doing things cheerfully and of making even the most trifling acts assume importance because of the pleasantness infused into their performance. Courtesy is the small change of life, which we should circulate freely amongst our friends and acquaintances, for in its liberal distribution we become enriched in all good qualities.

At Home.—After marriage the bridal party usually travel for a week or two, and upon their return, it is customary for the bride to be "At Home" for a few days, to receive visits. The first four weeks after marriage constitute the honeymoon.

The popular custom of having "At Home" days was instituted some years ago to prevent disappointment on the part of ladies who called on their friends and frequently found they were not at home, and it has proved a great convenience to busy people, who are thus free to go out five days in the week, feeling certain that no one will call save on the sixth,

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when they are in a state of preparedness. Of course it is not necessary to set aside one day in each week. Once a fortnight or once a month usually answers the purpose, as first and third Mondays, and does not impose too much restraint on hostesses. To have an "At Home" day and not be at home to one's visitors then is a serious breach of politeness. There are cases when the absence of the hostess is unavoidable, and on these occasions her place is filled by her daughter, sister, or near relation. If she can find no substitute to do the honors for her, then she should notify the fact of her absence to such friends as are likely to call, and if her absence continues for any length of time, it would only be courteous to inform her circle of acquaintances of her return. This may be done orally or by sending visiting cards, bearing the "At Home" days on them, through the post.

Preparation.—On "At Home" days neither mistress nor maid must ever be discovered in *deshabille* or unprepared for visitors. The former is expected to be a little more smartly dressed than usual, and the latter wears a black dress and spotless collar, cuffs, cap, and apron. It is a good plan to arrange the work of this day so that nothing extra in the way of cleaning requires to be done, and it is as well to "turn out" the drawing-room the day previous in order that everything in the room may assume its freshest and prettiest appearance. If possible, the mid-day meal, whether lunch or dinner, should be taken half an hour earlier than usual, so that there may be no scramble at the last minute or in the presence of visitors.

You need not retain the whole of your previous acquaintance; those only to whom you send cards are, after marriage considered in the circle of your visiting acquaintance.

A married lady may leave her own or her husband's card in returning a visit; the latter only would be adopted as a resource in the event of her not having her own with her.

A lady will not say, "My Husband," except among intimates; in every other case she should address him by his Christian name, calling him Mr.

Cobbett, in his "Advice to Husbands," says, "I never could see the sense of its being a piece of etiquette, a sort of mark of

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good breeding, to make it a rule that man and wife are not to sit side by side in a mixed company, that if a party walk out, the wife is to give her arm to some other than her husband; that if there be any other hand near, his is not to help to a seat or into a carriage. I could never see the sense of this; but I have always seen the nonsense of it plainly enough; it is in short, a piece of false refinement; it being interpreted, means that so free are the parties from a liability to suspicion, that each man can safely trust his wife with another man, and each woman her husband with another woman. But this piece of false refinement, like all others, overshoots its mark; it says too much, for it says that the parties have lewd thoughts in their minds."

This is the sensible view taken of a part of the etiquette of marriage, by a man of extreme practical sense.

The art of being agreeable.—The true art of being agreeable is to appear well pleased with all the company, and rather to seem well entertained with them than to bring entertainment to them. A man thus disposed, perhaps, may not have much learning, nor any wit; but if he has common sense, and something friendly in his behavior, it conciliates men's minds more than the brightest parts without this disposition; and when a man of such a turn comes to old age, he is almost sure to be treated with respect. It is true, indeed, that we should not dissemble and flatter in company; but a man may be very agreeable, strictly consistent with truth and sincerity, by a prudent silence where he cannot concur, and a pleasing assent where he can. Now and then you meet with a person so exactly formed to please, that he will gain upon every one that hears or beholds him; this disposition is not merely a gift of nature, but frequently the effect of much knowledge of the world, and a command over the passions.

The Hostess.—All the social qualities, such as courtesy, tact, amiability, and unselfishness, which win popularity for their possessors in any sphere, must be found in happy combination in a good hostess. She best fulfils one's ideal who for the nonce is able to banish all thought of self, and devotes herself entirely to the pleasure and enjoyment of her guests. Sometimes entertaining is a comparatively easy task, and women there are

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who, unobtrusive in other respects, simply shine as "a bright particular star" in their home horizon, and a few hours spent in their charmed circle, is a privilege to be coveted. Others, perhaps cleverer in many ways, signally fail, and the thought of visitors calling unexpectedly in an afternoon or evening fills them with nervous fear. Possibly such women are self-centered, or they have few resources and but limited amount of small talk, and perhaps they do not possess either the happy knack of putting people at ease at once, or the power to draw out the best in their visitors, or else because of a shy and reserved nature, they fail to appear to advantage to the casual acquaintance.

Entertain in a homely way.—The art of entertaining may be difficult at times, and yet any woman who really determines to learn may readily acquire it, and so become competent to entertain with pleasure to herself and profit to her guests. The mere providing for the creature comforts of her guests is frequently a serious obstacle in the path of a sociable, generous-hearted woman who is handicapped by a small house and a slender purse. Even she need not be deterred from offering hospitality, though it is but the cup which cheers, if she prepare it daintily and simply, and offer it without apology or fuss. The people—I would deny them the name of friends—who visit here and there because of the good food which abounds, are despicable, and no one is the loser by being deprived of their society. Congenial social intercourse is as precious and as much to be desired by the humblest as the highest, and there is no reason why any should be debarred from the enjoyment of that pleasure, provided they are content to entertain on simple, homely lines, without giving a thought to outvieing their neighbors, or following afar off the extravagance of those above them in the social scale. At many a humble tea table "a feast of reason and a flow of wit" are to be enjoyed, whereas at an elegantly appointed dinner these good things are conspicuous by their absence, and the evening's entertainment may be voted as dull at ditchwater by the disappointed guests. The purveying of dainty viands is but a minor affair. The hostess who imagines that she has played

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her part well when she has liberally and luxuriously spread her board, and then retires, conversationally, if not literally, into the background, is a social failure. She is expected to provide entertainment for the intellectual as well as the physical nature; to suggest topics of talk; to introduce specially to each other guests who possess something in common; to discover talent in this budding elocutionist and that accomplished musician, and, generally speaking, to keep the ball rolling, if she may not personally be the heart and soul of the company. All that and more is demanded of the hostess who welcomes friends under her roof.

The perfect hostess invariably makes careful preparation for her guests, and is not content simply to give orders for their comfort, but personally superintends their execution. She inspects the guest-chamber previous to the arrival of her visitor, and satisfies herself that all that is required is to be found there, and that everything is spotlessly clean. The bed must be newly made up, the water ewers and bottles freshly filled, the towel-rail replenished with rough and fine towels, and certain drawers in the wardrobe or chest emptied, if the whole cannot be spared for the accommodation of the guest's clothes. A lounge chair, a few books, some writing materials, possibly a few flowers, are attentions easily provided, and usually much appreciated by the visitor, who is quick to note the kindly consideration which prompted them and the welcome they bespeak. If it is impossible for the hostess to meet her visitor in person at the station, then she must send some member of her family to be in waiting, so that the stranger may not be chilled, disappointed, or aggrieved because there is no one to welcome her. Punctuality, too, must be observed, lest shy or sensitive people misconstrue the want of it as carelessness or neglect. Nothing more readily conduces to a naturally pleasant visit than a kindly, hearty greeting at the beginning thereof, whilst a careless or indifferent welcome sends a chill to the heart of the guest, and presages that the best part of the stay will be the going-away. A good hostess realizes that she is for the nonce responsible for the happiness and well-being of her friend; so she will consult her tastes as to food, amusement, and

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everything else; will give her the choice of going here or there; will plan for her enjoyment; will accord her the freedom of the house, and liberty to employ her time as she chooses; and will charge the children (if there are any) not to impose on the lady's good nature by taking up too much of her time or teasing her by embarrassing attentions. Whilst seeking to interest and amuse her guest, she will also make her feel at home, and will refrain from a never ending recital of her woes, be they ailments, servants, children, or husband; will abstain from fussing unnecessarily or from making apologies for this, that, and the other short-coming. She will not speak or act in such a way as to suggest she is making sacrifices, or that the domestic machinery has had to be specially arranged or is being upset on the visitor's account. It is in very bad taste for a hostess to excuse anything either in the fare on the table or the appointments of the house, as whatever is accounted good enough for the household ought to be acceptable to the stranger within its gates, for as far as in her power everything should be beyond reproach, and apologies only call the more attention to the deficiency, whatever it may be. It is as desirable to give the visitor a good send-off as to welcome her heartily, and a wise hostess does not relax her attentions until the visitor has gone. She gives or provides her assistance with the packing, calls a cab, or motor and either sees her safely into the train or commissions some one to do so.

Good manners consist in the art of being at ease one's self, and making other people feel pleased and comfortable. The presence of natural tact and sympathy, and the absence of jealousy or pettishness is implied. A polite man displays his courtesy to all sorts and conditions of men. He is as courteous to his inferiors as to his equals, and respectful, without being obsequious, to his superiors. His good manners are not for the few who enjoy his intimate friendship, but for all with whom he may be brought into contact. The entire code of etiquette has been built upon the basis of the grand, old golden rule, which can never be surpassed as a guiding direction, and the man whose life conforms thereto need not blush for his manners.

The Art of Letter-Writing

The theoretical part.—How often do we read that letter-writing as an art is decadent, and that we of this generation cannot hold the candle in this respect to our great-grand-parents! Perhaps not. But then, if we do not write so voluminously, we correspond more regularly than in the days when the cost of the transmission of a letter was a great consideration. Our days are so crowded with engagements or with work of some sort or another that we have little leisure, and sometimes less inclination, for letter-writing, and it is only when the thought of our negligence presses hard on our conscience that the majority of us sit down, dash off a sentence or two, first to one correspondent and then to another, and virtuously declare we have written a batch of letters today! In order to make these epistles of ours readable and welcome, we ought to make them as bright, chatty, and natural as possible. One ought to write exactly in the same style as one would speak in the presence of one's friends, and then all those stiff, stilted phrases, copious remarks on the subjects mentioned in the last letter received, and strings of meaningless questions would be abolished and there would be some chance then of the letter proving a transcript of the writer's individuality. If our friends are interested in us at all, they will be much more anxious to hear of what we have been doing and seeing, or any personal item of news, than in vague generalities which concern us and them but little. Correspondence which is considered written conversation is always interesting. I think it was Addison who remarked that he liked his acquaintances to say something which made him wish himself with them than make him compliments that they wished themselves with him. So much for the theory of letter-writing; now for

The practical part.—Some people, despite flourishing school boards and free education, possess but the most elementary ideas on the subject. They neither know how to begin nor where to end, and for this class the latter part of my remarks is specially intended. Well, cheap, trashy, dirty sheets or scraps of paper scrawled over in blue or red ink is in the worst

Letter Writing

possible taste, and leaves a bad impression of the sender on the mind of the receiver. Paper and envelopes, which should always match, ought to be of as good quality as we can afford, and nothing but black ink is permissible. Invitations and business letters should be attended to within twenty-four hours, but the earlier the better. The full address is written distinctly in the right hand top corner of the sheet, and below that, the precise date, not merely Monday or Wednesday. Then about the middle, but nearer the top than the bottom, leaving a small margin at the edge, we address our correspondent as "Sir," "Dear Madam," or "My Dear Sister," as the case may be, in the first line, and in the middle of the following one the communication begins. In a formal letter the name of the person to whom it is addressed is written above the salutation "Dear Sir" or "Madam," or it appears at the end. If the letter is long you may start as near the top of the paper as possible, but if it be but a short note, then signature and all else may find a place on the first page. Don't start with "I hope you are quite well," or "Hoping this will find you in good health." It is a good plan to introduce the pronoun "you" before the monosyllable "I" is used, and each fresh subject demands the honor of a new line. Nothing is more confusing than to be raced from one subject to another without any indication of a change.

All correspondence of a formal nature or to strangers should be written and answered in the third person, but this mode presents pitfalls to the unwary, or rather uneducated, who begin it correctly enough, but introduce "I" further on. As regards the conclusion of notes, "Yours faithfully" for business purposes, "Yours sincerely" for acquaintances, and "Yours affectionately" for nearer and dearer friends, are correct terminations, and, along with the name, should be written most distinctly towards the right hand side. Lovers are privileged persons, and please themselves, but it is well for them even not to be too lavish or demonstrative with their protestations of undying love. By the way, men should never use the possessive pronoun except when addressing a sweetheart, wife, or relative. Women have been regarded as bearing the palm for good

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letter-writing, but some of them err greatly in subscribing themselves—"Yours truly, Mrs. Watt," instead of "M. A. Watt," with the Mrs. in brackets if there is any need for the designation. When the letter is completed it should be carefully folded in two without creases, and enclosed in an envelope of the exact size. The address should be begun towards the top (if it be a long one) of the left hand corner, and the direction given with full particulars, so as to ensure correct delivery and as little trouble as possible to the postal authorities.

Home Amusements

Much harmless amusement may be had at social gatherings by introducing a few of the so-called "Occult Sciences," such as fortune telling by cards, or reading fortunes in the tea cup. A few simple tricks of ledgerdemain are also acceptable, and if done by the host or hostess are always a source of much enjoyment.

Parlor Magic

The young magician who would entertain others with success must start with or early acquire a cool head, a capacity for untiring practice, and the ability to keep up a continuous fire of explanation which does not explain. The cool head comes in time, of course, with practice, and it is not difficult to memorize and adapt to the progress of your work a good line of "Patter" so that the best of all requisites is—PRACTICE.

We give here a few tricks that require little or no knowledge of the intricacies of legerdemain, yet are clever enough, even for professional entertainment. Try them just for the fun of the thing and see how easy it is to mystify your friends.

The Disappearing Coin.—This trick consists in dropping a coin, say half a dollar, into a glass of water and having it disappear. It is extremely simple, but it is most astonishing how mysterious it looks to the onlooker.

First provide yourself with a piece of glass the size of half a dollar, and keep the same hidden in your left hand. Ask some one in your audience for a fifty-cent piece and when this has been secured cover it over with a handkerchief. While

your hand is beneath the handkerchief substitute the piece of glass for the coin and when you take hold on the outside none will suspect that you are holding the half dollar—the glass being the same size. Place the handkerchief over a glass of water and removing your hold from the coin let it drop. The tinkle in the glass disarms all suspicion and when the handkerchief has been removed and nothing is seen everyone is mystified.

The fact is, the piece of glass cannot be distinguished from the bottom of the tumbler itself. To carry the trick further you can pour the water out and as the glass sticks to the bottom, it looks more mysterious than ever. Another good idea is to drink the glass of water and as the half dollar is still in your hand you can make believe to bring it out from under your vest, your elbow or anywhere else you may think of at the moment.

How to Crush a Glass of Water.—Another very mysterious trick is to cover a glass of water with a handkerchief and crush it between your hands. It is very simple, but a little practice is necessary to make it work perfectly. Before starting cut a piece of cardboard the same size as the mouth of an ordinary glass tumbler. Keep this hidden in your hand and as you place the handkerchief over the glass of water slip the cardboard underneath. Now instead of gripping the glass, take hold of the cardboard and, turning round quickly, hold the same in the air and everyone will imagine that the glass of water is in your hand. As a matter of fact the glass is still on the table but as all eyes are watching your hands it is very easy to take attention away from the table. Stand in front of it carelessly and none will ever suspect. Hold the cardboard very carefully just as you would a real glass of water, then suddenly crush the handkerchief and cardboard in both your hands. The effect will astonish you. Before anyone recovers quickly enough to want to examine the handkerchief turn quickly around and pretend to return the glass of water to the table. This is done by merely turning aside and with a wave of the hand disclosing the glass of water. As all eyes turn to the table, remove the crushed cardboard from your handkerchief and hide it somewhere on your person.

The Mysterious Glass of Ink.—This trick consists in showing a glass of ink to the audience, covering it for an instant with a pocket handkerchief, when it changes to clear water. To perform this is very simple, but easy as it seems, it never fails to mystify. The whole secret lies in a piece of black silk lining which is made to fit the inside of the glass, thus giving it the appearance of ink. It should be made without any bottom and the top should be wound around a thin piece of wire to prevent it from dropping over. When the water is poured into the glass it presses the silk against the glass and to all appearance looks like ink. You can readily see how simple it is to cover the glass with a handkerchief, and gently taking hold of the silk lining, draw it out of the water. This is hidden in the hand underneath the handkerchief, and can easily be gotten rid of when the audience's attention is drawn towards the mysterious change of the ink to water. Try this a few times and you will be astounded at the results.

The Mysterious Handkerchief.—This is a very mysterious trick, yet so very simple that the most inexperienced amateur may perform it with success. It consists in dropping a handkerchief over any number of small borrowed articles, such as watches, rings, lockets, and having them instantly disappear.

The handkerchief which is used for this performance is really a double one, being two handkerchiefs sewn together round the edges, with a slit about four inches long cut in the center of one of them. In covering over the article placed on the table the performer takes care to push it just inside the slit, so that when he again takes up the handkerchief the watch or locket falls inside, leaving the table bare, while the handkerchief is gently shaken, to prove the article is not concealed in it. This is restored later on during the entertainment, and should be, if possible, produced from some place or other where it is least expected.

Teacup Fortune Reading

Pour the grounds of tea or coffee into a white cup; shake them well about, so that their particles will spread over the surface. Reverse the cup to drain away the superfluous contents,

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and then exercise your fertile fancies in discovering what the figures thus formed represent. Wavy lines denote vexation and losses, their importance depending on the number of lines. Straight ones, on the contrary, foretell peace, tranquility and long life.

The emblems relate sometimes to the past, especially if they are in the bottom of the cup, but they more frequently foretell the future; thus if they appear near the bottom they are near at hand; if near the top, they will be deferred. Human figures are generally good omens, announcing love affairs and marriage. If circular figures predominate, the person for whom the experiment is made may be expected to receive money. If these circles are connected by straight, unbroken lines, there will be delay, but, ultimately all will be satisfactory.

The squares foretell unhappiness; oblong figures denote family discord, while curved, twisted or angular ones are certain signs of vexation and annoyances. A crown signifies honor; a cross, news of death; a ring, marriage—if a letter is near it, it denotes to the person, the initial of the name of the party to be married. If the ring is in the clear part of the cup, it foretells a happy union, but if it should chance to be at the bottom, then the marriage will never take place.

A wreath of clover may be considered a lucky sign, denoting, if at the top of the cup, speedy good fortune, which will be more or less distant in case it appears at or near the bottom. The anchor, the emblem of hope, if at the bottom of the cup, denotes success in business. At the top and in the clear part, love and fidelity; but in thick and cloudy part, it also denotes love, but tinged with the incontinency of the butterfly.

A serpent is always the sign of an enemy. A coffin portends news of a death or a long illness. A dog at the top of the cup signifies true and faithful friends; in the middle, that they are not to be trusted; but at the bottom they are secret enemies. A letter signifies news; if in the clear, very welcome ones; surrounded by dots a remittance of money; but if hemmed in by clouds, bad things and losses. A heart near it denotes a love letter. Mountains signify either friends or enemies, according to their situation. The sun, moon and stars denote happiness,

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success. Clouds, happiness or misfortune, according as they are bright or dark. Birds are good omens, but quadrupeds—with the exception of the dog—foretell trouble and difficulties. A triangle portends an unexpected legacy; a single straight line, a journey. Flowers are signs of joy, happiness and peaceful life. A heart, surrounded by dots, signifies joy, occasioned by the receipt of money; with a ring near it, approaching marriage.

Domino.—This game is played by two or four persons, with twenty-eight pieces of oblong ivory, plain at the back, but on the face divided by a black line in the middle, and indented with spots, from one to a double-six, which pieces are a double-blank, ace-blank, double-ace, deuce-blank, deuce-ace, double-deuce, trois-blank, trois-ace, trios-deuce, double-trois, four-blank, four-ace, four-deuce, four-trois, double-four, five-blank, five-ace, five-deuce, five-trois, five-four, double-five, six-blank, six-ace, six-deuce, six-trois, six-four, six-five, and double-six. Sometimes a double set is played with, of which double-twelve is the highest.

At the commencement of the game, the dominoes are well mixed together, with their faces upon the table. Each person draws one, and if four play, those who choose the two highest are partners, against those who take the two lowest; drawing the latter also serves to determine who is to lay down the first piece, which is reckoned a great advantage. Afterwards each player takes seven pieces at random. The eldest hand having laid down one, the next must pair him at either end of the piece he may choose, according to the number of pips, or the blank in the compartment of the piece; but whenever any one cannot match the part, either of the domino last put down, or of that unpaired at the other end of the row, then he says go; and the next player is at liberty to play. Thus they play alternately, either until one party has played all his pieces, and thereby won the game, or till the game be blocked; that is, when neither party can play, by matching the pieces where unpaired at either end; then that party wins who has the smallest number of pips on the pieces remaining in their possession. It is to the advantage of every player to dispossess himself as early as possible of the heavy pieces, such as a double-six, five, four, etc.

Sometimes when two persons play, they each take only seven pieces, and agree to play or draw, i.e., when one cannot come in or pair the piece upon the board at the end unmatched, he then is to draw from the fourteen pieces in stock till he find one to suit.

This game requires strict attention, and nothing but practice will make a skilful player.

Fortune Telling by Cards

If the person whose fortune is to be told is a man, have him select a king of any suite. This stands for himself, while the queen of the same suite represents his sweetheart or wife. If a woman, the order is reversed, the queen representing herself and the king her lover or husband. The jack of the suite selected stands for the most intimate friend. Shuffle the cards and lay them down in rows of nine. Look them over, and every card up to thirteen, which comes before or after the king, queen or jack of the suite selected is of significance. The meaning of each card follows:

CLUBS

Ace.—Coming wealth and happiness.

King.—An upright, affectionate man, faithful to all his engagements.

Queen.—A tender, mild and rather amorous disposition, will make a good wife and mother.

Jack.—A friend who will exert himself for your welfare and that of your family.

Ten.—Riches from an unexpected quarter.

Nine.—You have false friends who will try to do you injury, but will be frustrated in their intentions.

Eight.—Shows the person to be covetous and fond of money, luxury and dissipation.

Seven.—Promises a very brilliant future.

Six.—You will engage in a lucrative partnership—success will be partly due to your partner's efforts.

Five.—Marriage to a wealthy person—the card following will give number of children.

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Four.—Incontinence for the sake of money, which will lead to trouble.

Three.—You will marry several times, and always to one of wealth.

Two.—Your ambition will be thwarted by those whom you believe to be your most intimate friends.

DIAMONDS

Ace.—A person fond of rural life—will be happily married.

King.—A man of fiery temper, and of revengeful nature—one to beware of.

Queen.—A woman who is fond of company and something of a coquette, but good-hearted.

Jack.—One nearly related who will look after his own interests more than yours.

Ten.—A husband or wife of great wealth—the card next to it tells how many children you will have.

Nine.—A person of roving disposition.

Eight.—Shows you will marry unfortunately.

Seven.—Unfortunate early marriage.

Six.—Shows you will never be happy except living in the country.

Five.—Indicates a large family.

Four.—Incontinence on the part of the person you will marry.

Three.—Perpetual domestic quarrels.

Two.—Fickleness in love affairs.

HEARTS

Ace.—One inclined toward dissipation and love of pleasure—often a gambler.

King.—A man of easy going temperament and generous disposition.

Queen.—A woman of great beauty, but bad-tempered and self-willed, yet strong in her affections and faithful.

Jack.—A false friend—a dark complexioned man with pleasant manners, who will profess friendship.

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Ten.—Good-nature—many children and domestic happiness—not easily discouraged—a pleasant surprise.

Nine.—Wealth, grandeur and high esteem.

Eight.—Careless in business—if followed by a bad card shows loss of property and fortune—a poor manager.

Seven.—A fickle person unfaithful in all things, particularly in matters of love.

Six.—A generous nature—easily imposed upon and easily flattered.

Five.—A wavering disposition—never attached to one object.

Four.—Will not be married until late in life.

Three.—Your imprudence will contribute to the misfortune of others.

Two.—Extraordinary good fortune and success in all undertakings.

SPADES

Ace.—Successful in all love affairs, but fickleness will lead to trouble.

King.—A successful and ambitious man who will work for your welfare.

Queen.—A woman easily corrupted by the opposite sex—a coquette and flirt.

Jack.—A friend who has your welfare at heart, but too indolent to pursue it.

Ten.—A card of bad import—if followed by bad cards means great misfortune.

Nine.—The worst card in the pack—portends sickness, loss of fortune and death.

Eight.—Morbid and pessimistic, with suicidal inclinations and love of drugs.

Seven.—The loss of a very valuable friend.

Six.—Success in all business ventures.

Five.—Good luck in all things—very happy marriage and bright children.

Four.—Sickness, loss of property, and death of a friend.

Three.—Unfortunate marriage.

Two.—Grievous mental affliction.

CHAPTER THE FOURTH

Being General Medical Hints That Every One Should Know

An Opening Word

HEALTH is not a blessing conferred on some and withheld from others in God's inscrutable providence. Disease is not the arbitrary affliction of irresponsible sufferers. Health and disease are the consequences of the operation of natural laws, health being the consequence of obedience, and disease of transgression. It is true that the cause and the consequence, whether of obedience or transgression, are often too remote from each other for human eyes to perceive both. But God's laws operate inflexibly whether we see their workings or not. It is true that all the individuals of a community are so inter-dependent that the co-operation of three parties is necessary before any individual can be healthy—namely, that of his ancestors, his neighbors, and himself. But it is equally true that in most cases the condition of the individual as regards health is mainly the result of his own habits or mode of life. And however greatly an individual may suffer in consequence of the sins of his ancestors and contemporaries, there lie powerful agencies for his betterment in his own fuller obedience to natural laws.

These truths are widely recognized in the present age; and with such recognition a desire for fuller knowledge has arisen. What are health and disease? What are the laws of knowledge of which are necessary for our health? Such are the questions this treatise has been written to answer—and to answer with an authority derived from an experience of many years and thousands of cases, during and in which the methods herein explained have been successfully applied.

Treatment of Common Accidents and Emergencies

Health Rules

To begin with let us first consider the following rules of Health; for the first essential of Health is its preservation.

1. Eat 3 meals a day—5 hours between each.
2. Chew thoroughly, giving 40 bites to each mouthful, and keeping each mouthful a full minute in the mouth before swallowing, and rise before being quite satisfied. Starchy Food—potatoes, sago, rice, corn flour, tapioca, etc.—require extra chewing. Take no liquids with food; they prevent the food being mixed with saliva. Drink liquids, if desired, after the food is swallowed.
3. Breathe fresh air night and day. The illness and death caused by a foolish fear of draughts are incalculable. Sleep with window open a foot at least in all weathers. Practice deep breathing through nostrils.
4. Take daily brisk exercise in open air up to the point of healthy fatigue. Remain in sunshine, and let sunshine into the house as much as possible. It kills microbes. Walk and sit erect.
5. Wash or bathe body and head every day if possible, in water, either warm, tepid, or cool, according to condition of health. Bathe whole body and head in hot water weekly. Take no baths within two hours after eating. Expose body to air a minute or two daily.
6. Keep mind and emotions healthfully occupied. Abstain from worry; cultivate a serene frame; be unselfish, be pure.
7. Don't sleep in underclothing worn during day.

Benjamin Franklin's Golden Rules

It will be interesting to compare these and our general principles with the following selection of health rules. The moral foundation of health laws is shown in Benjamin Franklin's "Golden Rules:"—

Temperance.—Eat not to dullness; drink not to elevation.

Silence.—Speak not but what may benefit others or yourself; avoid trifling conversation.

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Order.—Let all your things have their places; let each part of your business have its time.

Frugality.—Make no expense but to do good to others or yourself; that is, waste nothing.

Industry.—Lose no time; be always employed in something useful. Cut off all unnecessary action.

Sincerity.—Use no deceit; think innocently and justly, and if you speak, speak accordingly.

Justice.—Wrong none by doing injuries, or omitting the benefits that are your duty.

Moderation.—Avoid extremes; forbear resenting injuries so much as you think they deserve.

Cleanliness.—Tolerate no uncleanness in body, clothes, or habitation.

Tranquillity.—Be not disturbed at trifles, or at accidents, common or unavoidable.

Burns and Scalds.—(1) Remove at once, but with extreme care, any clothing in contact with the injured part. If necessary cut away the clothing with scissors. (2) Immediately plunge the injured part in tepid water (85 degrees to 95 degrees) for half an hour, and be very careful against exposure to the air. (3) Meantime get a piece of soft, clean linen, a little larger than the wound, saturate it with pure olive oil or cocoanut butter, apply it to the wound, pressing it gently so as to make it serve as a sort of outside skin. (4) Above this oiled linen place cold wet cloths two or four ply, and change or renew them as often as the patient finds it agreeable. The oiled linen cloth should not be removed until the burn is healed, unless suppuration occurs. But even in this case only such part of the cloth should be cut away as will allow the suppurating wound to be cleansed by spraying with warm water containing lemon juice, one teaspoonful to the tumbler. If the burn or scald is a slight one plunge the part in cold water for a few minutes, and bind up with cold wet cloths. If the skin is unbroken, baking soda or flour applied externally will soothe. Feverishness following a burn or scald should be cautiously treated by tepid sponging or cool compressing, care being taken not to touch injured region.

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Mouth and throat scalds.—Give teaspoonful of olive oil or cod liver oil. If symptoms of suffocation appear, apply warm fomentations to the outside of the throat, and send for the doctor.

Clothes catching fire.—When such an accident occurs, roll the victim on the floor, or envelop him closely in any article of heavy material at hand, such as a rug, coat, blanket, or table-cover. When the fire is extinguished, remove the clothing, and treat the burn as already directed, being careful not to expose the naked skin to the air.

Fainting is caused, physiologically speaking, by a want of sufficient blood in the head. Therefore, in the first instance, place the patient on his back, with the head lower than the rest of body, to facilitate the flow of blood to the head. Loosen clothing, sprinkle cold water on face. Hold smelling salts or ammonia or strong acetic acid to nostrils. When consciousness returns, give sips of hot water after patient is comfortable in bed. If fainting shows a tendency to recur or the unconsciousness is prolonged, apply alternate hot and cold spinal compresses.

Epileptic fits or convulsions.—Raise the patient's head and shoulders; get someone to hold the legs, but not firmly. Movements should be restrained only to the extent of preventing the patient harming himself. Loosen clothing and give plenty of air. Place a stick or other article between the jaws to prevent the tongue being bitten. Apply cold water to head. When consciousness returns he should be put in bed if possible.

Bleedings.—Press firmly above the wound with fingers and thumb while someone brings a strip of linen or cotton or other material. If the vessel is an artery (the blood from an artery spurts out with each heart beat, and is bright red), tie the strip of linen, etc., very tightly round the limb above the wound; that is, nearer the heart. If the vessel is a vein (blood flows steadily, and is usually dark color), tie tightly below the wound; that is, farther from the heart.

Bleeding from a large cut in a limb may be stopped by winding rubber tubing tightly round it. Hot or cold water

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arrests bleedings. Never remove a blood clot till the wound is healed. In the case of a gaping wound, fill cavity with soft material, such as cotton wool, and tie linen strip above. In bleeding from a vessel in armpit, make a pad to fit the hollow, and strap the upper arm firmly to side until the doctor comes.

Limb torn off or excessive bleeding.—Elevate the limb and apply a tourniquet. (A tourniquet is a handkerchief, twine, strap, or other similar article tied tightly round the limb, so as to compress the cut vessel and prevent a further escape of blood. It may be tightened by inserting a stick and giving it a half-turn.)

Wounds.—Remove all blood and dirt with a clean rag or lint, but not a sponge, or by clean cold water. Then wring a clean linen or cotton cloth out of cold water, fold it two-ply, place it over the wound, and fix up with a dry bandage. The dresser's hands and nails should be scrupulously clean.

Choking.—Bend the head low and slap the back. If this fails to dislodge the offending article, try to do so with the forefinger. Pressure on the Adam's apple is sometimes effectual.

Swallowed articles.—If a child swallows a coin, hold his or her head downwards, and slap the back. If articles such as coins, pins, tacks, buttons, or fruit stones have been swallowed, do not give emetics. A far safer plan is to feed for two days on thick porridge, and very little milk—which food will probably envelop the article and carry it safely through the bowels. Examine the stools afterwards.

Dog or snake bites.—Tie tight ligatures above and below (if possible) to prevent poison spreading. Suck wound thoroughly. Wash wound with warm water and lemon juice, and bind up with cold cloths. Give patient large cup of strong coffee. If a dog bites through clothing there is very little danger of poison; in other cases the danger is more imaginary than real.

Suffocation by gas or smoke.—To enter in safety a room filled with smoke or gas, put a wet cloth 'round the face, then stop the leak (if possible) and open the window.

Take the patient into the open air, loosen his clothing, and if he is insensible, treat him as for the apparently drowned.

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Frost bite.—Keep patient in a cool room, and rub with snow or cold water till local circulation is restored.

Dislocations.—These accidents require special knowledge to remedy. Keep patient as comfortable as possible till the bone-setter or doctor comes.

Drowning, strangulation, etc.—Turn patient face downward, pull the tongue to its full extent, and hold him so as to allow any water to run out.

Lay him on his back and cleanse face and mouth from mud or dirt. Fasten the tongue with a rubber band or tape to prevent it falling back towards the throat and choking the patient. Failing this, have someone to hold it carefully.

Kneel behind patient's head, grasp his arms at the elbows, and draw them up above the head to their full extent. Hold them extended till you count 1, 2, 3. Then bring them slowly to the sides, bending them at the elbows and pressing them well into the sides. Count 1, 2, 3, and raise them as before. Continue for at least two hours, if necessary.

When the patient begins to gasp or breathe, stop these movements at once, and proceed to restore the circulation by rubbing the legs upwards from the toes and the arms from the fingers. When patient is able, give him a few sips of warm water.

Remove him to a comfortable room and apply hot bags to feet, stomach, and sides, and encourage sleep.

In accidents of any kind there are several rules which should always be observed. Read this carefully and try and practice them when the occasion arises.

General Rules

1. Be calm. If you act while excited, you will probably do harm and not good.

2. If there is a crowd, get it to stand back and give the subject room and air.

3. Send someone for a physician at once.

4. Before moving the subject ascertain the nature of the accident by using your eyes or inquiring of spectators. Remember that some injuries may render it dangerous to move the subject.

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5. Be of what immediate service, you can. If it can be done without danger, place the subject in the most comfortable position—flat on his back, as a rule; but if breathing is difficult, in a half-sitting posture. Loosen clothing; give plenty of air.

6. As soon as it can safely be done, remove him to some place where he may be comfortable and safe.

Poisons—Antidotes and Treatment

Where it is known or even suspected that a person has taken poison, the nearest available physician should be called in immediately, for life or death may be a question of moments. If the nature of the poison taken is actually known the remedies should be applied at once, pending the doctor's arrival.

Corrosive poisons.—For these give no emetics, but neutralize an acid with an alkali and an alkali with an acid as follows:

A. Acids (mineral). Sulphuric, nitric, hydrochloric.—Give any one of the following antidotes:—Magnesia in milk; chalk or whiting in milk; plaster knocked out of a wall in milk; olive oil; soapsuds; baking or washing soda in water. These antidotes to be given freely in diluted form for some hours.

Vegetable.—Oxalic acid, salts of lemon, salts of sorrel.—Give chalk in milk; plaster from a wall in water; magnesia in water; lime water; olive oil. Tartaric and citric acids. Chalk, magnesia, or baking soda in water. Hydrocyanic or prussic acid, oil of bitter almonds, cyanide of potash, prussiate of potash—Pour cold water on head till consciousness returns.

B. Alkalis.—Caustic potash and soda, ammonia, pearl ashes, carbonates of potash and soda.—Give vinegar and water; lemon juice and water; oil; acid drinks.

Narcotic poisons.—To this class belong opium, morphine, chloral, chloroform, alcohol, belladonna, and many others. The symptoms are drowsiness or unconsciousness with heavy breathing. Treatment:—Give emetics (such as mustard and tepid water) or use the stomach tube. Keep patient awake by walking him about, give strong tea or coffee. If necessary, employ artificial respiration as for drowning.

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Other poisons—alum. Give an emetic if there is no vomiting, then give large draughts of water. (Mustard and tepid water is a good emetic.)

Arsenic.—Give an emetic till doctor comes. A mixture of ammonia and tincture of iron is the antidote if doctor is not immediately available.

Bleaching powders and liquids.—Treat the same as for alum.

Carbonic acid, coal gas, charcoal fumes.—Induce artificial respiration, and give plenty of cold air.

Carbolic acid.—Give olive oil and lime water.

Mouldy bread, decaying animal food.—An emetic, and then castor oil.

Poisonous fish or shell fish.—An emetic, then castor oil; then large drinks of milk, tea, or water.

Fungus or mushroom poisoning.—Give mustard and warm water injections; give castor oil in olive oil; treat the diarrhoea by a large hot injection followed by tepid or cool ones.

In the Spring

Blood Purifying

The notion that some purifying medicine is essential in the Spring is firmly fixed with a large section of the public. As soon as the rise of the sap, or the budding of green things, or the bare fact in figures upon his calendar reminds him that winter has relaxed its grip, the average adult male, and still more particularly the average adult female, studies the mirror—studies the faces of her progeny—in the expectation of discovering spots which tell of Unclean Blood. Should any unwary pimples appear, medicine must be taken, either sarsaparilla or sulphur, or some mysteriously compounded blood purifier.

Now, this annual breakdown in the vital fluid is somewhat of a puzzle to medical men. Of the matter they hear little or nothing practically. The folks whom they encounter in the course of "the day's work" do not suffer from this impurity of the blood, but from more commonplace diseases. The stray patient who confesses to a fear that his or her blood

has this spring ailment is found to be affected by a different debility. And over and above the suspicious absence of bonafide victims of the season is the glaring fact that there is no reason why any one living sensibly and sanely should so suffer.

The Question of Changing Clothes

The cry that the good old times were blessed with a more stable weather supply than is served up in these latter days can hardly be sustained if one accepts a nation's proverbs as evidence. The old advice, "Change ne'er a clout till May be out" rings as sincere as when first it was formulated. We know the sort of experiences out of which the proverb grew. We recall vividly that first warm day of the year when the winter seemed suddenly a far-off memory, and its garments were heavy and too hot, so we searched for thin things, found them, donned them, and sallied forth into the merry sunshine, deliciously cool, astonishingly free. Followed an evening when the air bit cruelly, and there was no warmth anywhere; and on its heels came a night punctuated by coughs and sneezes, and days when an illness, big or little, laid us by the heels. It is a common story often told. Old folks, wise from the school of experience, would fain talk of things like these; but the young won't listen, they want to graduate at the same academy. Thus the proverb, provided the climate remains consistently unstable, will continue to appeal.

The matter of dress is really a closed book to the race. About the meaning of its contents they either do not care, or have no proper chance to inquire. The shape and texture and pattern and colors of the cover are their whole concern; they wish their outer garments to be the best and most becoming and the most up-to-date they can afford.

Cleanliness is a comprehensive word; in a sense, it embraces all health laws. Here we shall consider it in relation to the skin, clothes, alimentary canal, and habits.

The importance of keeping the skin always clean will be seen from these facts:—The skin is the largest organ of the body, containing, as it does, all the others. It contains millions of tiny tubes (the pores), by means of which waste matters

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are continually being removed from the body, both by insensible perspiration and along with the sweat. By means of these pores, too, the temperature of the body is regulated, and the health preserved in spite of outside changes of heat and cold. If the pores were completely clogged up, death would ensue in a few hours. If they are partially clogged, impurities are retained in the system, causing in time ill-health; the kidneys are overstrained to excrete waste which cannot escape through the pores; skin diseases are invited; and the body is rendered an easy prey to colds and chills. If the skin is kept clean all these evils are avoided, sleep is sweet, and self-respect is increased. In short, cleanliness of skin is the corner-stone of health.

The practical part of it.—The whole skin should be sponged daily with warm water—a good mild soap, such as barilla ash, being used once a week. These daily ablutions are recommended merely as a safe standard of cleanliness, for modifications will have to be made to suit individual cases. The head may be washed once a week or oftener.

In the case of the weakly, sponging may be done piecemeal under the bed clothes.

In the case of the young and the aged special attention should be directed to the hair.

Clothing should be kept clean, especially that worn next the skin. Under-clothing should be changed weekly, and that worn during the day should not be slept in. Bed-clothing and under-clothing should be well aired every day.

The Alimentary Canal—consisting of the Mouth, Stomach, and Bowels (and let us include the Teeth)—deserves more attention for purposes of cleanliness than most people give it. The teeth should be cleaned and the mouth rinsed out after each meal. Decaying teeth should be seen to. Phlegm and all excretions from nostrils and throat should be discharged into fire or water, and never, under any circumstances, swallowed.

Hot water drinking is an efficient internal bath, and once a day at least should form part of the regimen. The water

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should not be too hot for the finger, and a large cupful should be sipped on a nearly empty stomach—i.e., one hour before a meal or three and a half hours after.

Flushing of the colon by means of copious enemata is an equally important internal bath. If this simple and harmless health agent were in general use, half of the diseases in the world would vanish.

Habits must be cleanly in other respects if we would enjoy health; but we need not enlarge on this, and shall only emphasize here the fact that smoking is one of the evil habits of the age. It is an uncleanly mania, devitalizing the system and injuring specially the nerves, heart, eyes, and liver. It dulls the intellect and the moral sense. It saps the morality and stunts the growth of boys.

Pure air is another essential of health—a fact which is unfortunately only grasped by a small minority. One has but to enter an average railway compartment to see in what foul environment the average respectable man or woman is content to remain. The most trifling discomfort as regards cold is counted a sufficient excuse for taking into the lungs the invisible, but none the less unclean, skin exhalations and lung excreta of one's neighbors.

But second-hand air is not unclean merely; it is a certain though slow poison. It contains a percentage not only of carbonic acid gas (a deadly poison), but, what is more offensive, of effete animal waste. On an average 30 cubic inches of impure air are thrown out at each expiration, of which there are usually 16 in each minute. Four hundred and eighty cubic inches of atmosphere are thus rendered foul by each adult in one minute. Mow injurious, then, must the air of the average living room be!

The lungs are more than excretory organs; they purify by supplying oxygen to the blood. At every inspiration the blood in the lungs (sent there for purification) absorbs oxygen from the inspired air. The necessity for this oxygen is seen when we know that death by suffocation or asphyxia is just death for want of oxygen.

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Deep breathing is of immense importance to health. In ordinary respiration about 30 cubic inches of air enter the lungs; in deep breathing this becomes 130 inches. In other words, by making a conscious effort we can, as compared with ordinary breathing, do four and one-third times more blood purifying work. The beneficial effect of this increase is incalculable. Vitality is increased; tissue impurities are burnt up; the lungs are immensely strengthened, and lung disease prevented and cured; bodily warmth is wonderfully maintained. The perfect health of the trained athlete is mostly due to the deep inspirations effected during his daily "breathings." In his case the rapid exercise makes inflation of chest imperative; but much of the athlete's health may be gained by the invalid who takes the trouble to breathe.

It is important that air should be inspired by the nostrils. Air so inspired is filtered and warmed ere it reaches the throat, and throat and bronchial affections are thus prevented.

Proper dieting is another factor in healthy living. We do not say it is more important than cleanliness and fresh air, but it cannot be as briefly explained.

Hygienic regimen is the application of hygienic rules to daily life, with the object of maintaining or restoring health. To maintain health a hygienic mode of life is necessary, for health is lost not so much by great errors as by the habitual persistence in small ones. To restore health special regimen is necessary; and the marvelous results of wisely-adapted regimen in the treatment of disease are after all but the rewards of obedience.

The laws of health may be reduced to seven, namely:—Cleanliness, Pure Air, Proper Dieting, Suitable Clothing, Due Exercise and Rest, and Healthy Habits of Soul, Mind and Spirit.

The weather and the blood.—In dry, sultry weather the heat ought to be counteracted by means of a cooling diet. To this purpose, cucumbers, melons, and juicy fruit are subservient. We ought to give the preference to such alimentary substances as lead to contract the juices which are too much expanded by the heat, and the property is possessed by all acid food and drink. To this class belong all sorts of salad, lemons, oranges, pomegranates sliced and sprinkled with sugar, for the acid of

this fruit is not so apt to derange the stomach as that of lemons; also cherries and strawberries, curds turned with lemon acid or cream of tartar; cream of tartar dissolved in water—lemonade and Rhenish or Moselle wine mixed with water.

Perfect Health and Avoirdupois

By MARION LABROSSE

(From "Woman at Home")

Whether it attacks a woman early or late in life, there is nothing so unbecoming or disagreeable as stoutness, or, in its grosser form, obesity. Some women resign themselves to it by agreeing with those who would console them with the suggestion that it is hereditary, and therefore inevitable; but the wise woman will not accept this statement too quickly, and will make every effort to get at the root of the disorder—for a disorder in most cases it is—and return to the normal standard of weight for her years and height.

Stoutness in youth.—With very young girls there is often a tendency to stoutness, out of which they generally grow and which is a sign of health and must not be tampered with. At the stage when the young girl is standing "with reluctant feet where the brook and river meet," she begins to be extremely sensitive about her appearance, and to fear a double chin and to be called "fat." It is the duty of the wise mother to see to and combat this feeling, and take care that her daughter does not deny herself necessary food in the hope of getting thin. But, on the other hand, it might be hinted to many young girls that the expenditure of the greater portion of their pocket-money on chocolates, caramels, and pastries, and the loss of appetite for their proper meals, is not unlikely to make them look puffy, and if persisted in, lead to permanent stoutness, which is not the natural plumpness of early youth, but that of greediness.

Its dangers in womanhood.—But it is when a young woman in the middle twenties finds herself getting stout that she has cause for alarm. The danger is even greater than it at first appears, for the skin of her face is stretched, and even should she reduce her size, she will find herself with loose skin, which is not

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becoming—any appearance of corpulence in a young woman gives a look of premature age, and must be got rid of before it becomes permanent. However, the fact that there is a tendency to stoutness in one's family is no proof that it is necessarily going to appear in a chronic form in one's self, and this cannot be too often insisted upon.

Causes.—Diet and exercise are the two most important points for the woman who finds herself growing stout. A sedentary life, either by choice or necessity, is often conducive to that "heaviness" which is not infrequently followed by the stage described as "getting fat." Now a sedentary life can be of two kinds: that of the busy professional woman who has to spend her time in an office with only the most brief opportunities for exercise, and who at the close of her day is often too tired to go for a walk, and even spends her Sundays in "relaxing" or "resting;" and that of the young married woman who remains for the greater part of the day within doors "pottering about" from a disinclination to go out. The case of the middle-aged woman who finds herself getting stout is slightly different, and is generally due to her self sacrifice in the cause of her family and to unselfishness.

Remedial methods.—The remedy is largely a matter of the cause. Sometimes stoutness accompanied by pastiness is a result of ill-digestion and its attendant unpleasant consequences. When this is the case I have known the most astonishingly rapid relief to have been obtained from taking a half-wineglassful, morning about, of a well-known mineral water, which has aperient and soothing qualities, and when drunk first thing in the morning clears the complexion and improves the appearance wonderfully. As it aids the digestion it relieves the body of the weight of the undigested food and tones up the system. It is not every one who needs this kind of remedy, but where it is suitable, and can be followed for a lengthy period, it is excellent in its results.

Where actual corpulence has been allowed to come on through the negligence of the victim, more drastic methods must be used—women approaching middle-age are wont to view stoutness with resignation, and without any regard to the unpleasantness which follows it when it becomes excessive. A certain plump-

ness in a tall woman approaching middle-age gives importance, but in a less well-built woman is not at all a thing of dignity or beauty.

Non-starchy foods for rheumatic stoutness.—Wrong diet and meals at any hour that is convenient to the rest of the family, are often causes predisposing to stoutness in the case of the mother of a large family. It is a result of her self-sacrifice. It will suit certain members of her household to have lunch or dinner at an hour when she feels no inclination for it, and they will have preferences for things which quite disagree with her, such as starchy foods. Now very frequently the food she is eating will contain elements which will accentuate a tendency to rheumatism, and this in itself will produce a disinclination to any unnecessary exertion. It is easy to see how quickly stoutness follows on a condition like this. Here a change in diet is absolutely necessary, and the elimination of all starchy foods, of which bread is the most important, must take place first of all. There are certain specially prepared breads which have proved highly successful, and though somewhat more expensive than ordinary bread, are worth the difference in the lightness and pleasantness which follows their use, and the properties that some of them possess of strengthening and giving tone to the system while reducing the weight. Some of these breads are extremely palatable and delicious, and as they contain no drugs or chemicals are perfectly harmless.

Medicinal cures.—A considerable amount of the apparent obesity of women who are getting middle-aged is really only flatulence, and if this were realized more fully it could easily be remedied. The worst of stoutness is that from whatsoever cause it arises, it brings with it such a disinclination to motion of any kind that it is accelerated into permanent discomfort very speedily. Some very excellent proprietary cures are on the market which combine with the taking of them attention to rules of health involving a certain amount of exercise, and these not infrequently have excellent results. They are made up from tested prescriptions, and while guaranteed to be in no way injurious, are often beneficial in extreme cases.

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Herb teas, containing innocuous reducing elements that act upon the waste adipose tissues, are also found very useful in certain cases. But every stout woman must consider her own complaint and to what it is due before choosing her remedy.

Reducing exercises.—Perhaps the most pleasant preventative, as well as cure, of stoutness, is a special course of reducing exercises when arranged by one of the popular pioneers of these health-giving systems. When there is a tendency to spreading of the hips, a double chin, that sinking of the figure which makes one look old too soon, the best thing to do is to go to a specialist, take a lesson or two, and get a course of exercises mapped out for home use. Sometimes stoutness is “local” and is a result of wrong corseting or tight lacing, which has prevented the normal development of the figure in one direction and accentuated it in another. The specialist will note at once where the figure has been injured, and will recommend the proper movements to lessen the defect. Exercises, when carefully carried out, make the burden of a heavily built figure and a tendency to weight much less apparent by inducing perfect balance of the body. As the most important specialists in this method of reducing obesity have arranged sets of exercises for women of varying ages, it might be well, whatever the medicinal or other remedy tried, to go in for a course of muscular exercises also.

The advice, “Laugh and grow fat,” is excellent in theory, but it is very unpleasant in practice. Stout people are far more likely to be laughed at than to laugh. Life loses half its pleasures if one has to move about hampered by a stout appearance. And the strange thing is that so few women realize that if they continue to suffer in this way it is largely their own fault.

Trouble of excessive thinness.—But the people who take life hardest and are far more anxious about their condition are the excessively thin. When a very stout woman becomes, from careful treatment, comparatively lean, she is congratulated by a large number of those who have previously pitied her adiposity; but when the thin woman becomes thinner, her friends are apt to regard her condition with concern. Once the early twenties have been past, loss of weight, as well as excess of weight, must be regarded with trepidation by the woman who values her

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appearance as well as her health. Not the fattest woman in the world would wish herself gaunt and lantern-jawed, and, curiously enough, not half as much interest is taken in suggesting remedies for the excessively thin as for the excessively stout. The reason probably is that they are much less noticeable.

Very thin women can generally trace their condition to one or other of the following causes: Excess of physical exercise; which results in a tiredness that will not allow them to enjoy their meals; strained nerves resulting from a habit of worrying over trifles and "seeing troubles in the distance;" and indigestion of such an acute kind that eating is a torture, and starvation the only alternative. Of course, there are many other pathological causes into which we cannot go, where thinness is the result of internal wasting, etc., and is a matter for a medical consultation. But the normal fairly healthy woman who is excessively thin will generally find herself suffering from one of these ordinary and preventable evils.

How to cure it.—The first thing to realize is that sufficient rest and sleep are essential if the body is to have its tissues and nerves properly fed. All feverish rushing about—whether aimless or otherwise—must be either stopped or curtailed. A tonic for getting the nerves into working order must be carefully chosen and as carefully adhered to. Unknown drugs recommended by the chemist who happens to have a large stock of them must be avoided, lest they lead to the drug habit. But one of those nerve-builders which popular opinion has declared to be good, might possibly be adopted with salutary effect. Once the nerves are under control, the tendency to worry over one's work or one's private affairs is considerably lessened, and the leanness of anxiety gives way to a pleasant plumpness.

Where thinness is apparently the result of indigestion, it must be remembered that indigestion is often due to worry, and that the mind and the nerves dominate every function of the body. No food can be peacefully digested if the nerves are quivering with unrest, and consequently, where indigestion is a painful companion to excessive thinness, it calls for nerve food just as much as it does for change of diet. Vegetarian diet will sometimes be found to assist marvellously in curing internal troubles,

and some of our foremost vegetarians were originally the victims of chronic indigestion. But the first remedy for the woman who finds herself losing weight is to get her nerves under perfect control.

What Every Woman Should Know

By ISABEL MACDONALD

(From "Woman at Home")

In the good old days, as depicted by the Wizard of the North, ladies of quality were domesticated women. Much of their time was doubtless spent in acquiring "accomplishments" such as playing the harpsichord for instance, or in doing elaborate tapestries, but they did not disdain to master also the mysteries of how to make elder-flower wine or build a venison pasty. Every lady knew how to minister to the sick and wounded, could apply a compress or prepare a posset drink. Even, in the absence of the apothecary, she could gather herbs and brew decoctions likely to be efficacious in attacks of the megrims and other ailments afflicting humanity. These accomplishments, as cultivated by our ancestors were, no doubt, responsible for the old-fashioned idea that the art of nursing comes to women by intuition. When the novelist brings his hero to death's door and then pulls him back again by the devotion and exquisite skill of the heroine alone, we accept the situation as we do all other orthodox endings, though, in all probability her lofty mind has never, till now, descended to such details as how a bed should be made or a simple sick room meal prepared.—"She was a born nurse, that's how it was, you see."

Alas, in everyday life, the ending is not always so pleasing. Few doctors there are of long practice who could not, if they would, tell of many blunders which may or may not have had serious results. Usually, the doctor does not tell. He hates gossip as a rule and, when the mischief is done, why add to harrowing sorrow the still more poignant feelings of remorse?

The results of ignorance.—The results of ignorance are, occasionally, more amusing than tragical. Apropos of this a medical man once told me a story of the way in which one of his prescriptions was carried out. In the busy round of a hard day's work he paid a rather hasty visit to one of his patients for whom

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he ordered three leeches. The patient's wife asked sweetly: "And how do I use them, doctor?" Taking her knowledge too much for granted he said hastily, "Oh, just as they are," and hurried away. Next day, with more time at his disposal, he asked as he entered the sick room, "Well, how did you get on with those leeches?" The lady then replied cheerfully "Oh, doctor, I did get him to take the first raw but he made me fry the other two."

Many can, of course, afford to have a trained nurse in the home when sickness visits it, but very frequently this is not so and then one can appreciate the wisdom of having taken some trouble to understand and learn the duties required in the sick room, even when there has appeared to be little prospect of the need for such knowledge arising. The sad "what might have been" is so often on our lips and it is only when sickness has entered our homes that we know the great longing for more knowledge and ability with which we might help our dear ones in time of suffering and danger.

How to care for the sick.—It is the duty of every woman to know something of how to care for the sick, and comparatively seldom do women fully realize how much the little things, that in health are scarcely thought of, may mean to those who are suffering or in pain. Why the very tone of one's voice then may make the patient feel hope or despair, the arrangement of a pillow comfort or only exhaustion and annoyance, or the way in which his meals are served strength or the loss of it. Alas, in our sick rooms, we find that these things are little understood. How often do we forget to give the cheery consolation or sympathy that means so much to the patient. The pillow is left, hot and uncomfortable, under the restless head, or turned on the other side which is scarcely cooler than that upon which it rested before. The meals are often brought in quantities suited for the appetite of a plough boy, in the fond hope that the poor sickly invalid is going to devour the whole, instead of being repulsed by the very thought of the effort that taking such a meal must entail. So we go on sadly, explaining that nothing will make the patient eat, and are disappointed that, day by day, he grows more weary and effortless. Why not take thought and

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try the effect of a small meal daintily cooked and served, of unofficious care that all the invalid's little likes and dislikes are thought of and consulted.

Every woman should realize that some day some one who is in weakness and pain will be dependent upon her for care and comfort and, however distant the need for it may seem to be, she should see that she is prepared to meet the need when it does arise. Not only is there wisdom in knowing something of nursing but there is a great call in these days for more knowledge of those things that tend to promote and preserve good health and, with regard to this point, the primary call comes from the children. The "cry of the children" is, unfortunately, not confined to our city slums. In many homes of the well-to-do and educated, health and strength are being sacrificed to ignorance. How many nurses and mothers fail to understand the importance, in after years, of wise and regular feeding during infancy? It is then and in early childhood that the foundations for a strong and healthy body in later life are made. Do they realize, even in these modern days, the health, mental as well as physical, to be derived from pure, fresh air, be the weather what it may; and again, do they fully understand how much poisonous and unwholesome matter can be got rid of from the body simply by keeping the skin-surface clean?

Comparatively few mothers give really serious thought to their vast responsibility when a valuable life is entrusted to their care, yet how much are they answerable for if, by carelessness or neglect, they betray the highest trust that can be placed in a woman's hands?

So much of the health and happiness of our whole land lies in the hands of a practical womanhood, therefore, individually we should see that we are versed in all knowledge of the duties that will ever belong to woman by right of heritage.

CHAPTER THE FIFTH

Pertaining to Those Things Every Mother Should Know

IS THERE anything more amazing than the lightness with which a young couple will enter into matrimony? Marriage is the most momentous of life's relationships; it is fraught with the life's happiness or misery of the contracting parties; from it springs much of the character, capacity, health and well-being of a new race as yet unborn. But these things are seldom considered by the happy pair, who think only of the present, and trust to luck to enable them to "muddle through" somehow as regards their future responsibilities.

Every infant has the right to be well born as regards health and inherited tendencies, and every child has the right to be well and wisely brought up. The first and most sacred duty of prospective parents is to make due preparation for the fulfilment of these rights. How few do so! Parents undertake the sacred duties of parenthood in lamentable ignorance of what these duties are, and with less understanding than they bring to the steps of a waltz. What is the consequence? Thousands of preventable deaths, and homes which should be the shrines of health and happiness made the abodes of sorrow and disease!

Illness is not an arbitrary infliction of Providence, but the consequence of wrong ways of living. In nearly all cases it may be quite easily prevented with the exercise of a little care and intelligence. Where these are exercised there is health, with few exceptions. In most households, however, the parents are too lazy and careless and self-indulgent to find time to do their first duty; they accept children's illnesses as inevitable, and after recovery—or death—continue the same fatal blunders.

Hints For Mothers

Happily there are many faithful folk in the world who may err through ignorance, but not through indifference. For prospective parents of that class these pages are written. May they find them a faithful guide to happy parenthood!

Before the Birth

General and Special Directions.—There are many wrong ways of living for the pregnant woman, and only one right way; and considering the immense importance of the subject, the ignorance of married women thereon is simply amazing. No one will contradict us when we say that, if the office of maternity were devolved upon the other sex, a widely different state of matters would prevail! If the following hints are faithfully acted upon during pregnancy, childbirth will be comparatively easy, and both mother and child will be stronger and more healthy.

Clothing should be light, loose and warm. Nothing should be worn which in the least interferes with breathing or the circulation of the blood. Garters are injurious.

Do a fair amount of housework, but cease before there is any fatigue or strain, and never do anything which involves straining of the muscles (such as lifting heavy articles, or standing on tip-toe to get at something nearly out of reach).

Walk every day in the open air, and sleep with bedroom window a few inches open in all weathers. On this more than anything else the infant's health depends.

Take abundance of sleep, and as much as possible during the earlier part of the night. As the time draws near take less exercise and more repose. Avoid jolts in trams and trains, dancing, running and fatigue. Forenoon is the best time for exercise and evening worst. Retire early.

Avoid all worry and care. Let the surroundings be pleasant and the spirits tranquil. By attending to these things the foundation of a healthy nervous system will be laid for the child.

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The mental and moral condition of the mother during the months preceding the birth is a matter of exceeding great importance to the child. The mother's habitual moods will be impressed on the child. A mother kept in grief or depression will likely bear a child that is gloomy in temperament; but a cheerful, serene mother will most likely bear a child in her own happy image.

Prospective Mother's Diet.—The prospective mother's diet is all-important. In our selection below two objects are equally provided for,—(1) the proper nutrition of the mother and her unborn babe, and (2) such food as will ensure easy labor so far as that depends on diet (which it does in a very great measure).

All foods containing earthy or bony matters must be avoided, because they cause the infant's bones to harden prematurely. The infant's bones should be mere gristle at birth; the mother's milk will harden them in due time. With those objects in view we have compiled the following diets. They are not theoretical, but have been proved:—

Eat moderately, barley, rice, macaroni, sago, tapioca, white bread, toasted, butter, honey, cheese, conservatively-cooked potatoes, sugar, eggs.

Live as largely as possible upon fruits, berries, and conservatively-cooked vegetables; oranges, apples (baked or raw), raisins, prunes, dates, grapes, pears, plums, bananas, and strawberries are especially suitable.

Drink pure soft or distilled water with lemon juice in it. No water at all may be needed if the right proportion of fruits and vegetables is used. Avoid hard water, tea, coffee, cocoa, and all alcoholic drinks.

Note.—Do not increase the quantity of food, rather reduce it indeed; do not force the appetite; chew deliberately.

Avoid Salt (worst of all), milk, flesh, fish, and fowl, lentils, peas, beans, wheat, soda, condiments, pastry, fried articles.

Baby's Outfit.—The common blunder made in dressing infants is to overdress them. Too many garments are put on

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the little body, and this error is aggravated by adjusting these too tightly. The result is that baby, in continual discomfort, becomes fretful and restless, and ceases to thrive; his circulation and breathing being impeded, he contracts cold and bronchitis. Then more clothing is added in the hope of remedying this evil, and so on. By all means keep baby nicely warm, but remember that his lungs play an important part in keeping up the bodily heat; and if the lungs do not have free play, no amount of outside heat will amend the defect. If baby is uncomfortably dressed, he is unhygienically dressed. His garments should be few, simple, light, loose and warm

Baby's Sleep.—Until it is about three months old a baby should spend most of its time in sleep. The things necessary to be attended to under this head are regularity and the absence of light and noise. It will save the mother much future trouble if she trains baby into regular habits from the first. At the same hour every day baby should be laid down to rest after the morning meal, the nursery blinds should be drawn, all noise should be hushed, and very soon baby will acquire the satisfactory habit of falling asleep at once, and of remaining asleep until the forenoon meal is due. He should be laid down without giving him any inducements to sleep, such as rocking, crooning a lullaby, or carrying him about the room.

When baby is sleepless.—Something is wrong when baby does not sleep well, and that something should be found out and remedied without delay. Among the causes of sleeplessness are pain or sickness, overfeeding, uncomfortable clothing, cold, an excess of bed clothing, hot and stuffy air, the presence of too many people, too strong light. Find out what is amiss, give baby the proper conditions for repose, and he will not long remain awake. Two or three teaspoonfuls of warm—not too warm—water will tend to promote sleep; but nothing else should be given.

Baby's Baths.—Every infant, during the first year of its life, should be given two baths every day. The morning bath should be given as soon as baby is taken out of bed, and before it is given the breast; but if for any reason baby has been given the breast first, the bath should be delayed for an hour or more

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so that digestion may not be interfered with. The evening bath should be given just before baby's retiring hour, and shortly before its evening meal. For the first month or two the temperature of these baths should be the same, namely, from 96 to 98 degrees; afterwards the morning bath may be made cooler (80 to 90 degrees). A thermometer should be used; baby is the sufferer where the temperature is regulated by guesswork. These figures may not apply in all cases, but an infant's bath should never exceed $98\frac{1}{2}$ degrees. On the other hand, if the child is weak and the season cold, the temperature should not be much lower—not under 95 degrees. A wise mother will add to knowledge, experience, and, within reasonable limits, give her child such baths as will just suit its individual requirements. Oil rubbing is most valuable. Not only does the process cause the blood to circulate in the most healthy way, and give the skin a tone not to be obtained otherwise, but it also conserves the heat of the body, and greatly lessens the danger of colds. Children so treated thrive in a most wonderful way, and miss all or most of the ailments from which most children suffer.

Exercise for Baby.—Babies require exercise as well as adults; more so indeed. At first the natural motions of infants, and even their cries (when crying does not indicate something amiss), make up the chief means of exercise; when to these is added the oil rubbing already described, the young infant is exercised in the way best suited to its healthy development. For the first year of its life baby should be asked to do no more than drink and eat and sleep. Baby, however, is entitled to enjoy that passive form of exercise which may be called baby's constitutionals. The question when baby should be carried out into the open air for the first time cannot be answered without considering the state of the baby on the one hand and of the weather on the other. In late spring or summer a reasonably strong child may be carried out at the end of a fortnight provided the weather is fine and the infant well wrapped up. Its first constitutional should not exceed 20 minutes. A child born in spring, autumn, or winter should not as a rule be taken out before it is four or six weeks old. The delicacy of baby's eyes should be as carefully borne in mind as its susceptibility to cold,

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and the eyes should be veiled from the direct rays of the sun. The length and frequency of baby's constitutionals should be gradually increased. In warm summer weather the more of these baby gets the better will he thrive. Even in winter when the weather is fine baby should have his daily walks, due care being taken to protect him against cold. Baby should be carried in a lying posture for the first three or four months, after which time he may be allowed to sit up for a few minutes at a time if he desires. An important part of baby's necessary exercise is too frequently prevented by an excess of clothing or too tight dressing. Baby's limbs and chest should have free play; to deny baby this necessity is to invite disease. Baby should often be laid on his back on his mother's knee, and allowed to kick and crow to his heart's content.

Weaning Baby.—The time to wean depends on two things—the condition of the mother, and the condition of the child. If the mother's health continues good, so that she is able to supply sufficient nourishment, the ninth or tenth month will generally be the most suitable time for weaning. The appearance of teeth is Nature's indication that the child is ready for a change of food. If no teeth appear by the end of the sixth month some elements are probably lacking in the mother's food; in any event weaning should on no account be delayed beyond the end of the twelfth month. About that time the mother's milk undergoes a change which renders it unhealthy food.

If the mother does not continue in good health, or if her milk becomes poor in quality or quantity, so that the baby no longer thrives on it, the baby should be weaned.

Weaning should be done gradually if possible. Accustom the child to other food than its mother's milk by degrees, for if the change is suddenly made both mother and child may suffer. The final process should occupy at least two weeks, and plenty of water should be given to the baby during that time. When the time comes for taking away the breast from baby entirely, and there is difficulty in getting his consent to the arrangement, a few drops of bitter aloes (which any druggist

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will supply) applied to the nipples will result in tears and instant capitulation.

After the child has been weaned its food will consist of the same kind of nourishment as it has been getting in addition to its mother's milk, and great care must be taken not to make the food too nourishing or to over feed. Milk will still remain the staple food until the end of the year, and the other elements may be finely ground wholemeal wheat, oat, or barley gruel, or very thin and well-boiled porridge. More water and more fruit should also be given.

Oatmeal Water.—To prepare the oatmeal water:—Take two tablespoonfuls of oatmeal to a quart of water; cook slowly about four hours, strain, and add to the milk in the proportions above indicated.

Barley Water.—To prepare the barley water:—Take one ounce of barley to a pint of water; wash thoroughly, soak in lukewarm water 30 minutes, add without straining to boiling water; cook about four hours, strain, and add to the milk a dessertspoonful in the case of a young infant, and a larger quantity in proportion to age.

Indigestion in bottle-fed babies.—Very great care and thoughtfulness are required in feeding "bottle-babies," although it is impossible to lay down rules that will suit all. One objection to cow's milk for babies is that it curdles in heavy masses in the stomach, and is rather difficult of digestion. The addition of water or barley water remedies this drawback a little, but not altogether. Limewater, which is sometimes added, hinders digestion and causes constipation, and may cause stone in the bladder. Oatmeal water and barley water are probably the most satisfactory diluents of the milk. If baby has a tendency to constipation use the oatmeal; if to diarrhoea, the barley water. These must be thoroughly cooked, otherwise irritation of the stomach and bowels will result. A little honey in water will often remove costiveness.

If the oatmeal water is found to disagree, change for a time at least to the barley water. If the barley water disagrees, change to the oatmeal. If both disagree, use pure water instead for a time.

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Temperature of the food.—The right temperature is that of the blood, say from 98 degrees to 100 degrees F. The use of a reliable thermometer is the only safe mode of preventing mistakes in the temperature of baby's food. When in doubt about what the temperature of the food is, rather give it too cool than too hot. The water added to the food should in all cases be boiled before use; the milk should be sterilized. A sterilizing apparatus can be got from a hardware or department store. The sterilizing is necessary to kill the disease germs which both water and milk absorb from the air. Breast milk is free from atmospheric germs, because it reaches baby's mouth without coming in contact with the air.

Baby's Bottle.—Baby's bottle must be kept scrupulously clean, and the food freshly put in at each meal. It is well to have two bottles, one being kept in water to steep while the other is in use. Bottles with long tubes are difficult to clean; those without tubes are to be preferred. Choose dark rubber nipples, for white rubber is less pure. The hole in the nipple should be small, otherwise the milk will come too fast and cause indigestion. While being fed baby should be held in a semi-erect position (like a breast baby). After feeding baby should be encouraged to sleep; if awake it should be jolted as little as possible.

Some Don'ts.—Don't feed baby at irregular intervals.

Don't jolt baby after feeding.

Don't bathe baby immediately before or after feeding.

If baby cries don't bribe it to silence with the breast or bottle; find out what is the matter.

If baby insists on being fed don't let baby suffer for the sake of rule; after all a naturally brought-up baby is the best judge of its own needs.

Don't give baby the breast when you are fatigued or mentally disturbed.

Don't forget that nothing will so surely make a breast-fed baby ill as its mother's neglect to breathe pure air day and night.

Don't forget that too little fresh air and too much food will soon kill the most robust of babies.

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Don't forget that breast-fed babies should be fed from each breast alternately.

Don't put fresh food in a bottle without emptying out the remains of a former meal and cleansing the bottle.

Don't forget that a half-cleansed rubber nipple is a happy hunting ground for disease germs.

Don't forget to offer baby a few teaspoonfuls of cool water daily. They will soothe baby, and improve its digestion.

Teething and its troubles.—The period of teething is an important and critical one in baby's life, and is one during which special care and watchfulness on the part of the mother are demanded. Yet teething is a natural process, and where a child is born of healthy parents, and rightly brought up during the months of infancy, the teeth should make their appearance without causing any trouble to the child. We have known such cases—in which the teeth were cut at the proper intervals without any preliminary disturbance to indicate the dentition. Few children cut all their teeth without some disturbance to their ordinary health. At the successive periods of cutting Nature puts forth unusual efforts of vital force, which force is sometimes carried by the untrained nerves in the wrong directions. In one child head troubles will result; in another the stomach or bowels will be affected; a third may be seized with teething convulsions; a fourth with skin disease of some kind.

When teething begins.—The period when teething begins varies. Infants have been in rare cases born with teeth; others have remained toothless for a year or more. But these are extreme cases, the first teeth being usually cut about the sixth or seventh month. The cutting process usually occupies two years or a little longer, the teeth being cut in pairs or groups, with intervals of rest between.

Slavering or dribbling acts as a safety valve in several ways, and only calls for attention in the matter of "bibs." These must be changed frequently, otherwise baby may become chilled and suffer from cold or bronchitis. A waterproof "bib" is useful here, preventing the clothes from being wet.

Pain in the gums is often relieved by gently rubbing the gums with the forefinger. A rubber ring is also soothing, and

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is one of the undoubted perquisites of every teething baby. A bone or ivory ring will tend to harden the gums, and should only be used when the teeth are just about to cut through the gums. A tough crust of bread is an excellent gum-stick, but demands constant vigilance to obviate the danger of baby choking on it. A drop or two of lemon juice or white vinegar applied with the finger will allay irritation and facilitate cutting. This means should be adopted several times a day to help cutting where necessary. Lancing should not be resorted to at all.

Heat in the mouth, or thrush, will be allayed by giving an occasional spoonful of cold water and care in feeding.

Diarrhœa is another safety valve which should not be suddenly checked. It prevents brain troubles or convulsions. If the bowels are merely relaxed nothing should be done, but if there is actual diarrhœa, an injection of one or two tumblers of cool water (70 degrees F.) with an enema will be efficacious.

Constipation will be relieved by a teaspoonful or two of licorice juice in warm water and molasses, or the pulp of a well-stewed prune (or banana, after teeth have come). Honey, or syrup also aid constipation. If, however, the child is uneasy on account of its constipated bowels, an injection of half to one pint of warm water should be carefully given. Three-quarters of a pint may be used to wash the bowels thoroughly in a six-month child. Ninety degrees F. is a suitable temperature. Colic will be relieved by similar injections.

Feverishness should be relieved by a warm bath, followed by cold body and head compresses, the feet being kept warm.

Skin eruptions sometimes appear during teething. The treatment for these is to regulate the stomach and soothe the skin. Use no soap, but sponge with warm water and lemon juice.

Fractiousness during teething should be treated by the means which common sense will suggest. Remove the cause as far as possible. Reduce the feverishness, give warm baths or sips of cold water, rub the gums, but do not coax baby to be good by giving him food when it is not needed.

CHAPTER THE SIXTH

Valuable Toilet Hints

It is Beauty truly blent, whose red and white
Nature's own sweet and cunning hand laid on:
Lady—you are the cruel'st one alive
If you will lead these graces to the grave
And leave the world no copy.

—*Shakespeare.*

A Thing of Beauty is a joy forever.

—*Keats.*



GREAT many women, after marriage, drift into careless habits in taking care of their persons. They seem to think that those little attractions they took such pains to acquire during courtship are no longer necessary; but this is a grave and serious mistake. After marriage a woman should strive to keep herself just as beautiful as before; for she not only owes it to herself, but as a duty to her husband. The woman who keeps herself attractive will retain her husband's affections, and make him, throughout the years to come, the devoted lover he was before the nuptials.

Soft, white and plump hands.—Equal parts of glycerine and lemon juice is a simple preparation for keeping the hands soft and white. Before fully drying the hands on a soft towel, a few drops of glycerine, lemon juice, or pure honey may be rubbed in, and after the hands are thoroughly dried a little rice powder dusted on has a softening effect. Another simple mixture is obtained by soaking $\frac{1}{2}$ lb. of oatmeal overnight in a quart of warm water, straining and adding one tablespoonful of lemon juice and one teaspoonful each of rosewater, olive oil, cologne, and glycerine. Washing in buttermilk morning and evening not only whitens the hands, but removes tan and freckles. Those who desire to have plump hands should use the following—4 oz. linseed oil, 8 oz. of rosewater, and $\frac{1}{4}$ oz. tincture of benzoin.

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Rough or chapped hands.—When the hands are chapped or the skin broken a little camphor cream should be rubbed in very gently with the finger tips and a pair of kid or chamois gloves worn during the night. A soothing and healing preparation for hands which have become cracked about the finger tips is made as follows—Scrape into a pot or pan, half an ounce of white wax and 1 ounce spermaceti, add 4 tablespoonfuls of olive oil and 6 drachms of pounded camphor. Stand it near the fire until it dissolves, and stir it thoroughly until melted. Rub a little of the mixture into the cracked parts, and wash the hands then in the usual way. The preparation should be kept closely covered to prevent evaporation.

Perspiring Hands.—Use hot water, to which a little soda has been added, to bathe night and morning, and then rice flower mixed with powdered alum to dust on the hands. They should not be frequently washed, but the powder may be applied frequently. Bathing the hands with acetic acid and water is helpful also. Sometimes dusting a little starch or French chalk on the hands is a great relief.

To remove warts.—There are many prescriptions for doing this. One is to touch the warts on your hands twice or thrice a day with castor oil, or oil of cinnamon. Another very simple way to cause them to shrivel away is to anoint them with your own saliva the first thing every morning. A more elaborate treatment is to paint them daily with salicylic acid in flexile collodion (a drachm to the ounce), and remove the crust each morning. A touch of acetic acid is also effective.

Some manicuring hints.—Nothing betrays the careless woman so readily as the state of her finger nails. To be correct, they should be about one and a half times as long as they are broad, and a crescent must always show at the base. Previous to manicuring, the nails should always be well soaked and washed in warm water and soap. A thin, pliable file is preferable to nail scissors for trimming them. Shaping the nails is a matter of individual taste, but by giving a rounded point, extending just beyond the finger tips and following the line thereof, a nail of good proportions may be cultivated. If the nails are

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filed daily, scissors are unnecessary, and the further use of a strip of emery paper removes the roughness. The skin should be pushed back from the nail by means of the towel every time the hands are washed. To polish the nails a small piece of chamois leather is very good, although many good powders may be bought for that purpose.

Honey for the toilet.—Independent of its many medicinal purposes, honey is invaluable for the toilet, so a small jar should be kept on every wash stand. In wintry or windy weather it is excellent for chilblains or chapped hands, roughened or blotchy faces, cracked lips, or frost-bitten ears. Wash the parts affected with warm water, and while still wet, dip the fingers in the honey, and smear it all over.

The treatment of wrinkles.—Our grandmothers were wont to date the loss of their youth from the time that the first wrinkle appeared, but we have long since changed our ideas of counting time in the old-fashioned way, for many a girl in her early teens shows a wrinkled brow. Generally speaking, wrinkles are induced by a shrinkage of the adipose tissue. The face, as someone has said, is the theater of the emotions, whereupon they play their varied parts. Certain of the muscles are in time overworked, become weak and flaccid, and affect the outlines of the face, robbing it of its plumpness and freshness. Ill-health and sorrow may be answerable in many instances for those troublesome lines, but in not a few cases they betoken bad temper, or a fretful, worrying nature, and on youthful faces result from the foolish habit of contracting the brows, or from scowling and frowning. The treatment, therefore, is largely a mental one. Let the girl or woman whose face is thus disfigured sit in front of a mirror and engage in an imaginary everyday conversation, and she will discover her tendencies in this direction, and will learn how to correct them. The cynical girl will notice how a sneer alters the look of her face and mouth, whilst the woman who uplifts or knits her brows when she expresses surprise and the nervous, irritable woman will be able to see the lines forming on their foreheads. Avoid these habits, cultivate repose of mind as well as serenity of face, and give heed to the following "Don'ts":—

Valuable Toilet Hints

To prevent wrinkles.—Don't dissipate your energies over trifles, or rush about in a continual fever of excitement here, there, and everywhere.

Don't map out a daily programme for yourself and fret if it can't be overtaken.

Don't take yourself too seriously. Keep your mind in a good humor.

Don't sleep with the hand under the cheek, as it tends to wrinkle the skin, and don't let the jaw drop just as you fall asleep, as the habit is inclined to leave lines at the side of the mouth.

Don't lose your temper, because the loss of self-control depletes your nerves more or less, and scores another line deep on your face.

Don't forget that prevention is better than cure. You may overtire yourself once too often, and have to suffer the penalty of a serious breakdown.

Don't sleep on a feather pillow, and above all don't fret, worry or frown, and your face will have a chance of retaining its smoothness, even in old age.

Teeth: Their Wear and Care

These days in which we live are notable in many ways, and not least in the rise of dental science. From being an obscure nobody, dependent for a living on some other trade, and exercising his extractive skill in the roughest fashion with rude implements, the dentist has edged his way forward until he now stands in the front rank of professional life. He lives in an atmosphere and surroundings peculiarly his own, and he has now no time to mix trades. To lose a tooth or have one filled, you recline luxuriously in a chair and your sufferings are cunningly diminished or banished altogether. Mechanism of the highest ingenuity and materials specially invented are at the dentist's elbow and your service. Small wonder that his waiting-rooms are crowded, and that appointments must be made days ahead!

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Many circumstances have contributed to this change. Chief of these must be reckoned refinements in the preparation, cooking and eating of food. Diet is not what it used to be, and the teeth are no longer the hard-worked instruments they were meant to be. Continual competition between millers has resulted in the preparation of finer and finer meals and flours, and as a consequence bread and other items of diet are softer. Meat, more cleverly treated in the kitchen, comes to table tenderer. All dishes tend to become daintier and more delicate; mincers and mashers and other machines convert resistant articles to pulp or flour; knives and forks and spoons, even, rob the teeth of their lawful tasks.

Thus teeth find less scope than they had in the earlier ages, and with decreased employment comes—the old story—deterioration, degeneration, death. As the sword rusts in its scabbard, action and hard work are necessary to keep the teeth hard, white, and healthy.

Brushing the teeth.—Before brushing the teeth, all foreign substances should be removed by means of a toothpick; and, by the way, this necessary article should not be publicly flaunted, as it often is, in restaurants, particularly by men. If it is necessary, it should be used under cover of a table napkin, deftly, swiftly, and unobtrusively. Brushing the teeth not only keeps them clean—a fact of paramount importance—but it arrests decay, polishes the enamel, and stimulates the gums. Brushing should take place both morning and evening, and the latter is a greater necessity than the former, as it dislodges all particles of food which, if allowed to remain round the teeth during the hours of inaction, would tend to induce decay—indeed, where possible, the teeth should be brushed after every meal, or at least the mouth should be rinsed out. A moderately hard brush and cold water for sound, strong teeth, and lukewarm water and a soft brush for those more brittle, are to be recommended. The teeth should not be brushed from side to side lest the enamel is partially destroyed, but up and down from the gums instead of across—that is, brush the upper teeth downward and the lower upward, and the inner as well as the outer surface should receive attention. Should

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the enamel of the teeth be very thin, a gentle brushing twice a day and the use of a mouth wash after every meal should be sufficient. It is a fatal mistake to suppose that if teeth are showing signs of decay it is waste of time to attend thoroughly to them, as eventually they must be extracted and replaced by artificial ones. Decay in one tooth communicates itself to others, and one's own teeth are always to be preferred to a set, however faultless. It is well to remember that the tooth brush should be well dried and aired, and only the best kind should be used, as in the cheaper varieties the hairs come out very readily, and sometimes cause trouble in the mouth and throat.

The Structure of a Tooth. Each is shaped out of ivory, or what scientists call dentine, and contains in a central cavity the pulp, often known as "the nerve," a soft mass through which run blood vessels and nerves. Covering the fang or root is a coat of cement, a substance identical with bone; and over the crown and exposed part of the tooth is spread enamel, the hardest substance in the body.

Teeth are variously moulded for the work they have to do. Set in the center of each jaw are four incisors or cutting teeth; outside these are the long canines or dog teeth; and next come premolars and molars, or grinders. You nip off a mouthful with your incisors, and the grinders crush it up in preparation for digestion.

Each tooth is an individual, subject to a series of ailments, an individual whose health requires to be studied and attended to. Apart altogether from the distress their illness may produce, the presence in the mouth of a few "bad teeth" is a menace to the health of the whole body. For the mouth is in any case a good harbor for germs, and a mouth with recesses such as decayed stumps offer is much more dangerous.

Caries is what dentists and doctors call decay of the teeth. Through a tiny aperture in the enamel of a tooth, microbes invade the ivory, soften it and break it down until the enamel overlies an unsuspected cavity of considerable size; and, later, the enamel yields and the damage is revealed. Such a state may be guessed when the enamel at any spot loses its trans-

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lucency and becomes a dead chalky white. The dentine grows clearer and brownish; a dark brown meaning, in general, a slow, yellow and rapid decay.

Teeth set well in the jaw, regularly and untouched, are less liable to early caries, for food particles do not so easily lodge in the mouth, and cleaning is a simple matter. Overcrowding and irregularity, on the other hand, are prone to cause it. What one eats has a bearing on this business, too; a diet mainly farinaceous—starchy or milk puddings—more readily induces caries than a diet largely consisting of animal food, for the simple reason that the former is likelier to ferment in the mouth and generate acids which destroy the enamel. Indigestion, inasmuch as it promotes acid secretions in the mouth, does much to cause caries; and, as bad teeth encourage indigestion, the mischief-making is mutual and progressive. This same alteration in the secretions of the mouth—which ought to be alkaline, not acid—occurs in many illnesses, more particularly in fevers, like typhoid, with a similarly disastrous effect upon the teeth. Enamel is often cracked by foods or liquids taken too hot, or icy cold—drinking ice-water with warm meals is especially a danger to it.

The prevention of caries consists in the recognition, and removal where possible of its causes. Irregularity and overcrowding of teeth may be remedied in the young by the judicious extraction of certain of them. When a tooth is seen to be decaying, it should without delay be treated; and extraction or filling resorted to as the case demands. But the main thing is regular, thorough washing.

To follow the general rules and wash them every morning is not sufficient; much more useful is an evening wash, performed after the last meal, to rid the mouth of particles that might ferment, and to leave the mouth in a good state for the night.

A decayed tooth cannot be stopped at home. Only a dentist properly equipped can clear the cavity out and complete the filling so as to save further trouble.

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Irritation of the pulp or inflammation of it, caused by imperfect filling, as well as the entrance of food-stuff—conditions attended by exquisite pain—the conditions, in fact, recognized by the man in the street as due to an “exposed nerve.” Temporary relief may be had by plugging the cavity with cotton wool soaked in oil of cloves, and by painting the gum with tincture of iodine; but it is better to see a dentist, have the pulp destroyed, and the tooth filled.

Between each tooth and its socket, like a stocking between foot and boot, is a membrane, whose presence is never realized until it inflames and swells, when every attempt to bite with the tooth is painful. The tooth feels as if it were set in india-rubber, but an india-rubber endowed with extraordinary sensitiveness. Sometimes the trouble subsides at this stage, sometimes matter is formed that finds its way up between tooth and socket, or penetrates the latter, and bulges out upon the gum to form a gum-boil. The treatment of this condition is, in its early stage, to paint the gum with tincture of iodine, and an adult may take as well five grains of iodide of potassium dissolved in water. A purgative is also helpful. Later, should a gum-boil appear, a fig split open and roasted, placed between the cheek and gums, forms the best poultice, and should be frequently applied. When a gum-boil continually reappears upon one spot, or discharges for long, see a doctor.

Sweetening the breath.—When it has been ascertained that a tainted breath does not proceed from a disordered stomach, liver or decayed teeth, it may be traced to the habit of sleeping open-mouthed. The oxygen in the air thus inhaled decomposes the ptyaline of the saliva and renders it acid. People who suffer in this way should practise breathing through the nostrils, and should wear a bandage to keep their mouths closed during the night. A tablespoonful of lime water in a glass of milk or water sweetens the breath and strengthens the teeth.

CHAPTER THE SEVENTH

Paternal Duties

THIS is a short chapter of much importance to the parent, for in the rearing of children, much, if not all, depends on parental guidance. Most parents forget that children have rights as well as they, the majority seemingly satisfied that all the child owes is strict obedience and the performance of duties. Let us begin, therefore, with a short treatise under the title of

Baby's Rights

Babies adorn life. Their simplicity and sincerity leaven the humbug and hypocrisy of "grown-up" humanity. Noisy they may be sometimes, naughty they may be often. Nevertheless they are usually fat and funny and fascinating. Indeed, they are too adorable for their own happiness. Their beauty proves fatal to them. When a man with a microbe-laden moustache, or a bacilli-infested beard insists on kissing one the results may be deadly.

However, it must be admitted that women are usually greater sinners in this respect. There are some affectionate souls whose first exclamation on seeing a baby is, "Oh, the little darling! I must kiss it." And whether she has been properly introduced to the infant or not, she promptly proceeds to do so.

It is pleasing, therefore, to know that babies' rights are at last receiving attention. Men have always had their rights; women are clamoring loudly for theirs. But no voice has been raised on behalf of the baby, who has suffered, though not in silence, for so long. Often has it made the welkin ring with its protestations, but no one paid any heed. Grown-ups, in their blindness, did not understand. Baby was "peevish" or "cross," or "cutting its teeth." They did not realize that baby's cry came from its heart—an essentially modern cry for its rights, for the right to live its own life, untrammelled by the superfluous caresses of unintelligent strangers, or the fatuous endearments of well-meaning friends and relations.

Paternal Duties

It is slowly penetrating the brains of parents that baby is not merely a pretty plaything to be petted. It has a sturdy little individuality with likes and dislikes of its own. No one seems to have realized before that a baby has private feelings. If it could speak, would it not often-times paraphrase the protestations of Shylock, "Hath not a baby eyes? Hath not a baby hands, organs, dimensions, senses, affections, passions?"

Babies are the most fastidious creatures on earth. They immediately detect any departure from "good taste" in the dealings of "grown-ups" with themselves, and show their resentment in no uncertain manner. Furthermore, they have a delicious sense of humor. One has only to notice the critical and cool stare with which they often greet the egregious grown-up's attempt to be funny, to adapt himself or herself to the baby mind. At other times they double themselves up like crumpled rose-leaves with sheer amusement, when they hear a staid matron talking in such barbaric language as "Didums, poor ickle sing!" or see some portly and gouty gentleman trying to make "goo-goo" eyes. It is all very amusing to baby when it is not unutterably boring.

All this, however, will probably soon come to an end. An anti-kissing campaign has been started on behalf of infants in arms. One New York society woman created quite a mild sensation because she forbade her husband to kiss his own child, and to protect the infant from such unwelcome attentions she had it confined in a sort of a wire-screen. These measures are perhaps rather drastic, but they are an indication of the trend of the times.

Queen Victoria Eugenie of Spain has also shown her sympathy with the sorrows of babies, for even Royal infants are not permitted to escape from the osculatory attention of the populace. On hygienic grounds she has forbidden the kissing of her own children by strangers, and her example is being widely followed. Labels bearing the words, "No me bese" ("Do not kiss me") are now on sale throughout the country.

All this is characteristic of the age we live in; an age which puts sense before sentiment, and which is beginning more and more to realize that children have rights as well as grown-up men and women.

Paternal Duties

Don't forget that your children possess a conscience and a certain sense of honor, and appeal to these on occasions.

Don't keep nagging at them, or scold them, for every little fault, and don't impute bad motives unless you are perfectly sure they exist.

Don't allow children to run about in any wet garment. Teach them to change wet clothing at once.

Don't neglect to correct odd habits, such as turning in the toes, standing first on one foot and then on the other, or locking their limbs together.

Don't taboo any love for healthful amusement or outdoor sports, and be sure you encourage both boys and girls to read and take up a hobby.

Don't adopt a superior attitude towards them at all times, rather make them your confidantes and friends.

Don't make use of words or expressions which you would be sorry to hear them repeat. Little ones have a fatal facility for acquiring certain phrases, but if they hear only what is true and good then they will speak only what is right and proper.

Don't neglect to teach them to be thoughtful of others, kindly, bright and helpful, but don't allow them to chatter incessantly, or to express an opinion on any and every subject.

Don't repress, rather develop, any signs of individuality in your children. It is a mistake to expect them to be exact replicas of their parents, or of each other.

Don't make up their minds for them on every occasion. Leave the decision of little things to themselves, and so teach a lesson of self-reliance.

Don't omit to surround them with a warm, loving atmosphere, so that they may believe that their home is the happiest in the world.

The child is father of the man.—It is the merest truism to state that it is impossible to over-estimate the value of manners to a man who aspires to enter the portals of society, and acquit himself as to the manner born. Refinement, culture, and good breeding may be acquired by any one who is disposed to take the trouble of perfecting himself in the written and unwritten laws of etiquette, which everybody who is anybody is expected

Paternal Duties

to know almost by instinct, but the process is apt to become tedious even in early manhood, and it not infrequently happens that the pupil in the art, fearful of making a fool of himself, or despondent after a succession of petty failures, loses heart and abandons the idea of self-improvement. Such a course is certainly a mistaken one, but it proves the necessity of mothers attending carefully to the upbringing of their children from their infancy. The boys who are early taught to give place to their sisters; to fetch and carry for their mother; to open the door for her as she leaves the room, and close it without a bang; to place the most comfortable chair at her disposal; to lift their caps to ladies; to talk intelligently to visitors; to say even "please" and "thank you" habitually; to be kind to children and to animals; to be respectful to their superiors, and courteous to their "inferiors or equals"—become the men whose natural and spontaneous politeness is a part of themselves. Some one has said, "Give a boy address and accomplishments and you give him the mastering of palaces and fortunes wherever he goes." The truth of the assertion is self evident, but, if boys cannot have both, let them at least have good manners, and they will make a way for themselves where others, with all the learning of universities and an abrupt, brusque, or rude address, may miserably fail. Without such a training in gentleness and politeness a youth is sadly handicapped in this respect, and his manners, acquired after considerable experience, may always savor of awkwardness. The man who simply dons his manners with his dress suit cuts even a sorrier figure in a drawing-room. He may flatter himself that he knows how to act in every emergency, and conduct himself with cool self-consciousness, but the cloven hoof displays itself in a hundred little trifles to the gaze of the observant beholder. A man need not dream of appearing to advantage in public if in the privacy of his own home or in his business relationships, he is rough and rude of speech, blunt, uncouth, or discourteous in behaviour, or selfish or unkind in his actions.

Company in Yourself

"Find company in yourself" is one of the great philosophical axioms too often forgotten at the present day. Many, if not most, of us fall into habits of depending on frivolous amusements shared with others to keep us happy, and seem to have lost the power of being good company to ourselves.

"The nurse of full grown souls is solitude," said one of our best writers of prose, and our poets—among them Milton and Wordsworth—have had much to say in praise of self-communing. "Solitude is sometimes best society," said one of these. "Solitude permits the mind to feel," wrote another. Well, we cannot all be poets, with minds so constituted as to be perfectly content with our own beautiful thoughts, but we all of us can cultivate something of that most valuable power of mental self-dependence which enables us to be happy when alone.

As life goes on, times and circumstances are liable to occur with both men and women in which loneliness is forced upon us. The young Civil Servant of India who is sent to the solitudes of the jungle, and is absolutely without society or companionship, except that of natives, for weeks and months together, is indeed a being to be pitied if he has no resources within himself to fall back on. Such a life may be happy enough to one man, and altogether the reverse to another, just according to his own character.

The young married woman, too, both at home and abroad is often called upon to taste loneliness for the first time in her life. Maybe she is taken suddenly from a home where brothers and sisters have kept things lively and some distraction was always going on, or, what is much worse, may have had a worldly mother, who has accustomed her to a life made up of gaiety—bridge parties, dinners, theaters, dances, and so on. Staying at home quietly or a day in which no outside amusement takes place would mean dulness almost unendurable. What a terrible state of mind! What misery it intails on the young wife suddenly compelled to be alone for many of the long hours of the day, as young wives often are!

Paternal Duties

“Mothers would do well to educate their daughters to take a more serious outlook on life” is the advice of a well known thinker who knows the Society of today, and deplors the habit so common in it of spending all our time in useless and frivolous amusements. Such a habit once formed is difficult to break away from. It becomes second nature. How can a girl thus trained face loneliness? She has completely lost the power of being company to herself. When the demand comes, she fails dismally. Dire may be the results.

It is much the same with children — even the youngest. There is no greater mistake than to be always amusing and exciting them. It is far better to leave a child in safety with his toys, and let him play with them in his own way. He will find more to interest him than we should dream of, and all the time will be learning self-dependence.

The power of being good company to ourselves, we confess, appears to be innate with some, like a taste for music, good temper, or a naturally bright and cheerful disposition. But a good deal can be done by cultivation, education, and example. For instance, a love of books, of natural history, or any pursuit which can fill and occupy the mind, are great helps in keeping us happy when alone. To keep the mind alive and active is the great secret, and no mind can feed on husks. Let us give our children something better than them!

CHAPTER THE EIGHTH

Matrimonial Pitfalls

THIS chapter is intended for both husband and wife, for each is responsible for the many pitfalls that beset the path of happiness. Seldom, if ever, is one alone to blame; both may think within their hearts that they are right, but more often you will find that both are wrong. The mere difference in sex has much to do with it, for they see things with different eyes, and reason in different ways. They do not understand each other, and misunderstanding is the greatest digger of pitfalls the world has ever known. Thus it is we dedicate this chapter to both, taking each side alternately in the hope that the hints we offer will knit close their understanding and render the pitfalls harmless by the light of love and reason.

To the Wife

If your husband occasionally looks a little troubled when he comes home, don't bother him with needless questions, he will tell you of his own accord, if need be. Don't rattle a hail-storm of fun about his ears either; be observant and quiet. Don't suppose whenever he is silent and thoughtful that you are the cause. Let him alone until he is inclined to talk; take up your book or your needlework (pleasantly, cheerfully; no pouting—no sullenness), and wait until he is inclined to be sociable. Don't let him ever find a shirt button missing, for this has frequently produced the first hurricane in married life, and women must remember that men have a prescriptive right to fret about missing buttons.

Never complain that your husband pores too much over the morning newspaper, to the exclusion of that pleasing converse which you formerly enjoyed with him. Think what man would be without a newspaper; treat it as a great agent in the work of civilization, which it assuredly is; and think how much good newspapers have done by exposing bad husbands and bad

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wives, and by giving their errors to the eyes of the public. But when your husband has gone to business, instead of gossiping with neighbors, or looking into shop windows, sit down quietly and look over that same paper; run your eye over its home and foreign news; glance rapidly at the accidents and casualties; carefully scan the leading articles; and at tea-time, when your husband again takes up that paper, say: "My dear, what an awful state of things there seems to be in politics. Tell me about it;" or "what a terrible calamity that was out West;" or "trade appears to be flourishing in the north!" and depend upon it down will go the paper. And sure enough you will gradually get into as cosy a chat as you ever enjoyed; and you will soon discover that, rightly used, the newspaper is the wife's real friend, for it keeps the husband at home, and supplies capital topics for every-day table-talk.

To the Husband

If your wife complains that young ladies "now-a-days" are very forward, don't accuse her of jealousy. A little concern on her part only proves her love for you, and you may enjoy your triumph without saying a word. Don't evince your weakness either, by complaining of every trifling neglect. What though her chair is not set so close to yours as it used to be or though her sewing or embroidery seem to absorb too large a share of her attention, depend upon it that, as her eyes watch the inter-twinings of the threads, and the manœuvres of the needles as they dance in compliance to her delicate fingers, she is thinking of courting days, love-letters, smiles, tears, suspicions, and reconciliations, by which your two hearts became entwined together in the network of love, whose meshes neither of you can unravel or escape.

You can hardly imagine how refreshing it is to occasionally call up the recollection of your courting days. How tediously the hours rolled away prior to the appointed time of meeting; how swift they seemed to fly, when met; how fond was the first greeting; how tender the last embrace; how fervent were your vows; how vivid your dreams of future happiness, when, returning to your home, you felt yourself secure in the confessed

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love of the object of your warm affections. Is your dream realized?—are you so happy as you expected? Why not? Consider whether as a husband you are as fervent and constant as you were when a lover. Remember that the wife's claims to your unremitting regard—great before marriage, are now exalted to a much higher degree. She has left the world for you—the home of her childhood, the fireside of her parents, their watchful care and sweet intercourse have all been yielded up for you. Look then most jealously upon all that may tend to attract you from home, and to weaken that union upon which your temporal happiness mainly depends; and believe that in the solemn relationship of husband is to be found one of the best guarantees for man's honor and happiness.

To the Wife

Perchance you think that your husband's disposition is much changed; that he is no longer the sweet tempered, ardent lover he used to be. This may be a mistake. Consider his struggles with the world—his everlasting race with the busy competition of trade. What is it makes him so eager in the pursuit of gain—so energetic by day, so sleepless by night—but his love of home and you, and a dread that your happiness, according to the light in which he has conceived it, may be encroached upon by the strife of existence. This is the true secret of that silent care which preys upon the hearts of many men; and true it is, that when love is least apparent, it is nevertheless the active principle which animates the heart, though fears and disappointments make up a cloud which obscures the warmer element. As above the clouds there is glorious sunshine, while below are showers and gloom, so with the conduct of man—behind the gloom of anxiety is a bright fountain of high and noble feeling. Think of this in those moments when clouds seem to lower upon your domestic peace, and by tempering your conduct accordingly, the gloom will soon pass away, and warmth and brightness take its place.

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To the Husband

Summer is the season of love! Happy birds mate and sing among the trees; fishes dart athwart the running streams, and leap from their element in resistless ecstasy; cattle group in peaceful nooks by cooling streams; even the flowers seem to love as they twine their tender arms around each other, and throw their wild tresses about in beautiful profusion; the happy swain sits with his loved and loving mistress beneath the sheltering oak, whose arms spread out, as if to shield and sanctify their pure attachment. What shall the husband do now, when earth and heaven seem to meet in happy union? Must he still pore over the calculations of the counting-house, or ceaselessly pursue the toils of the work-room—sparing no moment to taste the joys which Heaven measures out so liberally? No! “Come, dear wife, let us once more breathe the fresh air of heaven, and look upon the beauties of earth. The summers are few in which we may dwell together; let us not give them all to Mammon. Again let our hearts glow with emotions of renewed love—our feet shall again tread the green sward, and the music of the rustling trees shall mingle in our whisperings of love!”

To the Wife

“It was!” “It was not!” “It *was*!” “It was *not*!” “Ah!” “Ha!”—Now who’s the wiser or the better for this contention for the last word? Does obstinacy establish superiority, or elicit truth? Decidedly not! Woman has always been described as clamoring for the last word; actors, authors, preachers, and philosophers have agreed in attributing this trait to her, and in censuring her for it. Yet why they should condemn her, unless they wish the matter reversed, and thus commit themselves to the error imputed to her, it were difficult to discover. However, so it is; and it remains for some one of the sex, by an exhibition of noble example, to aid in sweeping away the unpleasant imputation. The wife who will establish the rule of allowing her husband to have the last word, will achieve for herself and her sex a great moral victory! Is he *right*?—it were a great error to oppose him. Is he *wrong*?—he will soon discover it, and applaud the self command which bore unvexed his parti-

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nacity. And gradually there will spring up such a happy fusion of feelings and ideas, that there will be no "last word" to contend about—but a steady and unruffled flow of generous sentiment.

To the Husband

When once a man has established a home, his most important duties have fairly begun. The errors of youth may be overlooked; want of purpose, and even of honor, in his earlier days, may be forgotten. But from the moment of his marriage he begins to write his indelible history; not by pen and ink, but by actions—by which he must ever afterwards be reported and judged. His conduct at home; his solicitude for his family; the training of his children; his devotion to his wife; his regard for the great interests of eternity; these are the tests by which his worth will ever afterwards be estimated by all who think or care about him. These will determine his position while living, and influence his memory when dead. He uses well or ill the brief space allotted to him out of all eternity, to build up a fame founded upon the most solid of all foundations—private worth.

To the Wife

Don't imagine when you have obtained a husband that your attention to personal neatness and deportment may be relaxed. Now, in reality, is the time for you to exhibit superior taste and excellence in the cultivation of your address, and the becoming elegance of your appearance. If it required some little care to foster the admiration of a lover—how much more is requisite to keep yourself lovely in the eyes of him, to whom there is now no privacy or disguise—your hourly companion? And if it was due to your lover who *proposed* to wed and cherish you, that you should always present to him a neat and ladylike aspect; how much more is he entitled to a similar mark of respect, who has *kept his promise with honorable fidelity*, and linked all his hopes of future happiness with yours? If you can manage these matters without appearing to study them, so much the better. Some husbands are impatient of the routine of the toilette, and not unreasonably so—they possess active and energetic spirits,

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sorely disturbed by any waste of time. Some wives have discovered an admirable facility in dealing with this difficulty; and it is a secret which, having been discovered by some, may be known to all—and is well worth the finding out.

To the Husband

Custom entitles you to be considered the “lord and master” over your household. But don’t assume the *master* and sink the *lord*. Remember that noble generosity, forbearance, amiability, and integrity, are among the more lordly attributes of man. As a husband, therefore, exhibit the true nobility of man, and seek to govern your own household by the display of high moral excellence. A domineering spirit—a fault-finding petulance—impatience of trifling delays—and the exhibition of unworthy passions at the slightest provocation can add no laurel to your own “lordly” brow, impart no sweetness to home, and call forth no respect from those by whom you may be surrounded. It is one thing to be a *master*—another thing to be a *man*. The latter should be the husband’s aspiration; for he who cannot govern himself is ill-qualified to govern another.

To the Wife

It is astonishing how much the cheerfulness of a wife contributes to the happiness of home. She is the sun—the center of a domestic system, and her children are like planets around her, reflecting her rays. How merry the little ones look when the mother is joyous and good-tempered; and how easily and pleasantly her household labors are overcome! Her cheerfulness is reflected everywhere: it is seen in the neatness of her toilette, the order of her table, and even the seasoning of her dishes. We remember hearing a husband say that he could always gauge the temper of his wife by the quality of her cooking: good temper even influenced the seasoning of her soups, and the lightness and delicacy of her pastry. When ill temper pervades the pepper is dashed in as a cloud; perchance the top of the pepper-box is included, as a kind of diminutive thunderbolt; the salt is all in lumps; and the spices seem to betake themselves all to one spot in a pudding, as if dreading the frowning face

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above them. If there be a husband who could abuse the smiles of a really good-tempered wife, we should like to look at him! No, no, such a phenomenon does not exist. Among elements of domestic happiness, the amiability of the wife and mother is of the utmost importance—it is one of the best securities for the happiness of home. No trait of character is more agreeable in a female than the possession of a sweet temper. Home can never be happy without it. It is like the flowers that spring up in our pathway, reviving and cheering us. Let a man go home at night, wearied and worn by the toils of the day, and how soothing is a word dictated by a good disposition! It is sunshine falling on his heart. He is happy, and the cares of life are forgotten. A sweet temper has a soothing influence over the minds of a whole family. Where it is found in the wife and mother, you observe a kindness and love predominating over the natural feelings of a bad heart. Smiles, kind words and looks, characterize the children, and peace and love have their dwelling there. Study, then, to acquire and attain a sweet temper.

A wife must learn how to form her husband's happiness, in what direction the secret lies; she must not cherish his weaknesses by working upon them; she must not rashly run counter to his prejudices; her motto must be, never to irritate. She must study never to draw largely on the small stock of patience in a man's nature, nor to increase his obstinacy by trying to drive him; never, never, if possible, to have scenes. We doubt much if a real quarrel, even made up, does not loosen the bond between man and wife, and sometimes, unless the affection be both very sincere, lastingly. If irritation should occur, a woman must expect to hear from most men a strength and vehemence of language far more than the occasion requires. Mild, as well as stern men, are prone to this exaggeration of language; let not woman be tempted to say anything sarcastic or violent in retaliation. The bitterest repentance must needs follow if she do. Men frequently forget what they have said, but seldom what is uttered by their wives. They are grateful, too, for forbearance in such cases; for, whilst asserting most loudly that they are right, they are often conscious that they are wrong. Give a little time, as the greatest boon you can bestow, to the irritated feelings of your husband.

Where your influence is an asset.—Your individual influence is an important factor somewhere in the world. You have not only to consider what you are to do, and how you are to do it, but also how you will react on others in the doing. Are you, too, rushing along breathlessly through a tangled multiplicity of indiscriminate engagements, under the impression that you are leading a Full Life, and that only a Full Life after this pattern can be a useful one? If so, you are not only rendering your own life singularly ineffective, but you may be, unintentionally, misleading others—girls and women who are only just starting their life-campaign—and all unknowingly forming their ideals on similar lines. Then they, too, will strive to get into “the swim,” which really means the “whirlpool,” and more energy will be dissipated that might have been turned to valuable account. This is worth your consideration.

Women are very much given to following each other in matters of this sort; and the woman of strong character and clear vision who has the courage to say, “This modern feminine craze for being and doing and seeing and knowing everything is neither wise, nor healthy, nor useful, nor satisfying,” and who will keep her soul at an equable poise in the midst of present-day hysteria, will be a pillar of strength and a moral uplift to many another who is dimly groping after a saner life, but too timid to voice her convictions in face of what may have seemed like an overwhelming majority against her.

There are far more women anxious to lead balanced, unselfish womanly lives than may appear at first sight on the surface of things. Only their quiet voices are sometimes drowned by the clamor of their more strenuous sisters, and they get carried off their feet at times by the rush of the crowd.

Look about you and see if there are any such you can stand by—for remember, these are the women who are really making for the salvation of our race.

CHAPTER THE NINTH

Written Specially for Husbands

IT IS safe to assert that the majority of unhappy homes are the direct result of the husband's selfishness and his woeful ignorance of the duties demanded of him.

The married state must not be looked upon as a pleasurable pathway, it is life itself, and life at its best has many pitfalls. Men are too prone to look upon their wives as a sort of luxury, to be petted when the mood is on them and neglected when the pleasure palls. This is fatal to domestic happiness. The husband must look upon his wife as a part of himself, demanding equal rights and a full share of the joys of living. Selfishness is the rock that wrecks the home, but in most cases it might easily be averted by placing thereon the danger signal of advice, for happily it is more often the result of thoughtlessness than it is of wanton cruelty.

The husband must always bear in mind that he has just as many duties to perform as his wife, and that the fulfilment of them is the only way to acquire domestic happiness.

His first duty is to love and protect her, but this does not merely imply the lover's caress and the strong arm protection against physical injury. Love and protection mean more than that. He must save her, as far as in his power, from worry and sorrow, sharing them with her when they do come, in the full knowledge that a burden shared is a burden made lighter. When husband and wife feel thus to each other, then life becomes a great joy indeed.

Here are a few simple rules which we would like every husband to read and to strive well to perform. They pertain to his duties—not arduous tasks, but duties that should give great joy in the doing.

Don'ts for Men

Don't smoke in a lady's presence without first receiving her permission to do so.

Don'ts For Men

Don't use strong expressions or indulge in un-parliamentary language, no matter what company you may be in.

Don't be guilty of any affectations either in speech, manner, or dress.

Don't "garnish" your talk with slang phrases or puns.

Don't quarrel with or address angry words to any one in the presence of the fair sex.

Don't earn a reputation for putting off engagements or for being unpunctual.

Don't give way to carelessness in dress or in attitude.

Don't whistle loudly or otherwise attract attention to yourself in street or building.

Don't walk with your stick or umbrella protruding under your arm to the danger of passers-by.

Don't be slow to give up your seat in car or house to a lady.

Don't wear colored collars or cuffs when in mourning.

Don't talk "sweet nothings" to every woman you meet, and imagine by so doing that you ingratiate yourself with the fair sex.

Don't embarrass people, especially girls or women, by giving them presents which they know well you can ill afford, and which only a fear of hurting your feelings prevents their returning.

Don't grumble—it's a bad habit.

Don't "potter" about the house and annoy your wife under any circumstances.

Don't forget to compliment your wife on her appearance now and again.

Don't bring home six men quite promiscuously and expect the dinner to be perfect.

Don't make hackneyed excuses for being late. If you can't be original be silent.

Don't unburden yourself of all your petty troubles and keep most of the big ones to yourself as well.

Don't "haggle" over tradesmen's bills, and don't expect your wife to undertake unpleasant duties in this connection.

How to treat a wife.—First, get a wife; secondly, be patient. You may have great trials and perplexities in your business with the world, but do not carry to your home a clouded or contracted brow. Your wife may have had many trials, which though of less magnitude, may have been as hard to bear. A kind, conciliating word, a tender look, will do wonders in chasing from her brow all clouds of gloom. You encounter your difficulties in the open air, at least part of the time, but your wife is often shut in from these healthful influences, and her health fails, and her spirits lose their elasticity. But oh! bear with her; she has trials and sorrows to which you are a stranger, but which your tenderness can deprive of all their anguish. Notice kindly her little attentions and efforts to promote your comfort. Do not treat her with indifference, if you would not sear and palsy her heart, which, watered by kindness, would, to the latest day of your existence, throb with sincere and constant affection. Sometimes yield your wishes to hers. She has preferences as strong as yours, and it may be just as trying to yield her choice as it is to you. Do you find it hard to yield sometimes? Think you then it is not difficult for her to give up always? If you never yield to her wishes, there is danger that she will think you are selfish, and care only for yourself, and with such feelings she cannot love as she might. Again, show yourself manly, so that your wife can look up at you and feel that you will act nobly, and that she can confide in your judgment.

Insurance

When a man marries, his first and paramount duty is to support his wife and family. If he fails in this he fails in all else, for no home can exist without the solid foundation of sustenance. It is life itself. The importance of this has never been denied, and every normal man recognizes its truth and strives accordingly to adhere to its provisions.

In the flush of manhood's strength the duty becomes a joy, but what of the time when that strength begins to ebb, and the one-time pleasure of providing well becomes irksome and severe, and later on, perchance, becomes impossible? For Death is not the only master that stills the active hand; Time, too, is a hard

Insurance

taskmaster and compels the toiler to lay aside his tools. Youth, unfortunately, like love itself—is blind. When a man is young he cannot see Old Age, and Death is but a name. For that reason older heads must counsel, and the terrors of poverty must be held before him constantly, in the hope that reason shall overcome his optimism and make him prepare for the journey which all of us must take.

To every young husband, therefore, we appeal most strongly to consider seriously the subject of Insurance, and to every bride we issue a plea to lend her aid and influence should her husband relax or weaken. Don't let him put you off with a brave showing of his manly chest and the foolish assurance that he will be ever at your side to shield you from the world. This sounds pretty and looks well in the pages of a romance, but remind him ever that life is uncertain and that many a strong protecting arm has lost its power in the twinkling of an eye. We have no desire here to issue a preachment on the penalties of Death and its forerunner, Old Age, but with great sincerity we desire to implant in the minds of our readers that Insurance in some form or other is one of the most vital necessities of modern life.

There are a thousand arguments in its favor, but none is more convincing than love itself. It is hard to imagine a man wilfully placing the woman he loves in any sort of danger; yet without Insurance the woman stands constantly on the edge of a yawning precipice. A sudden accident, and lo! the sheltering home becomes a dream of the past and the woman and her family are thrust forth to fight and struggle for themselves. True love could not permit this—could not even picture it without extending a halting hand. Home is not an institution to be dismantled when the lord and master vacates. The home is not his garrison alone, it belongs to his wife and children, and not for a day nor a year, but for all time. The man, therefore, who fails to make provision for the years that are bound to come is wilfully dismantling the home that does not wholly belong to him.

We say wilfully, and the word is not too harsh, for in these days of universal education on the subject of home protection,

Insurance

the man who refuses to be taught its lessons is callous to the better instincts of humanity, thus proving himself a wilful destroyer of his family's future peace. Statistics show, however, that this condition is growing less and less and the day is not far off when the man without insurance will be a rarity indeed. Most men become convinced of its necessity some time or other, but unfortunately a good many wait until it is too late.

The time to take out Insurance is when you think you need it least, not when you feel your vigor slip away and the premiums climb in consequence. Protect your wife the moment you lead her from the altar, talk it over with her in the honeymoon days and prove to her that your boasted protection is not limited to the length of your arm, but extends beyond the grave.

Woman, by the very act of her marriage, becomes dependent, thus, even though she may have come from a business career, the married state renders her unfit for re-entrance should misfortune overtake her. Marriage to man is merely an incident, but to a woman it is all-in-all—it becomes her business and a most exacting one, and the longer she continues in it the more impossible it becomes to take up any other vocation. Protection, therefore, becomes imperative, and the man as the breadwinner must provide it. The children, too, must be considered, and it takes no gift of imagination to perceive with what horror a woman must face the future if the improvident husband has left her no provision. This alone should awaken the young husband to serious contemplation and stir him to good resolve. And it is not only the future he brightens, but he brings to the present a greater joy. A woman who has the future to worry over is never a truly happy one, and she who is not truly happy cannot radiate happiness. This worriment, in time, passes to her offsprings, for the best authorities concede that the mother's mental condition has a vital influence on the child she bears.

Is it not worth while then, to relieve the wife and mother of all harassments? If she has a fortune of her own, then all may be well, but how many are so provided? The average woman is dependent solely on what her husband gives, and

Smoke Talk

even though she may frugally put aside, there is always the fear within her that disaster may come before she has enough. With life Insurance all such fear passes away, and with the passing there comes to her a spirit of calmness, which in itself is an investment of priceless value. It returns interest in the form of stronger love, a sweeter and better home and the safe assurance that your children shall inherit their mother's mead of happiness.

In conclusion, let us say that we have no brevet from any insurance company, nor do we advise or suggest any particular way. We speak of Insurance in its broadest sense, for it is as much an institution as marriage itself. We do suggest, however, that the time to take out insurance is in early life, for in that way one gets the fullest benefit, and it is well to remember that its provisions do not extend only to those who are left bereaved, but to protect both husband and wife against the rigors of declining years. It is a good thing to know that when a man passes his most useful stage in life he can draw upon the Bank of Insurance in full and enjoy the years to follow in peace and quiet. And it is well to know that from the hour he places his first deposit his wife will be well provided for should the Reaper claim his harvest.

Smoke Talk

Man made happy.—Tobacco, friendship, and conversation—these three sweeten life. With a sufficiency of talk and tobacco, a little sleep and a little food, man can be made happy.

Made only by hand.—Cigar-making is one of the few trades in which machines have not supplanted hand-work; it requires the sensitiveness of the human fingers to properly arrange the "fillers" (the inner portion) and to shape the cigar in the "wrapper," or outer coverings.

A meerschaum test.—If there is any doubt about the genuineness of a meerschaum pipe, a sure test is to ascertain if it will float in water, being very careful not to let it remain in the water long, and to wipe it dry afterwards, blowing well through the bore to remove the water from the inside. Amber being much heavier than meerschaum, allowance must be made if

the pipe tested has a mouthpiece of that substance, or it may be removed during the test.

Cigar ash.—The ash on a cigar could hardly be produced by burning any other plant than tobacco in a similar way, because no other plant contains so great a percentage of mineral matter. Four pounds of tobacco leave one pound of ash. Tobacco has so marked an affinity for every kind of mineral that it will often make a fool of itself during growth, taking up salt, iron, and other minerals which are not only non-essential to its economy, but which sometimes impair its smoking qualities. You can taste the salt in the ash of a cigar.

A briar town.—In the small town of St. Claude in the Jura Alps, France, practically the whole population is engaged in the manufacture of briar pipes, the turn-out totalling some thousands weekly, which are exported to all parts of the world. There are some large factories, but a vast number of the cheaper grades of pipes are made in the humble homes, where the head of the family turns the lathe, while his spouse and children are to be seen busily engaged in the various branches of polishing and finishing the goods.

Don'ts for meerschaum smoking.—Don't smoke a new meerschaum in the rain, nor put a perspiring or damp finger on the warm pipe; either will mark the delicate surface. Don't refill and relight a hot pipe; let it cool a bit first, or the color line will go lower than desired. If the mouthpiece-screw becomes loose, don't put a piece of paper or cotton round it and force it into place, or you will surely split the stem; but make a little tiny bit of cement of plaster of paris and liquid gum, wipe the stem perfectly dry, clean out the old cement from the stem, and then replace the screw with fresh cement; blow through the pipe to make sure the bore is clear, and stand your pipe, bowl downwards, for some hours until perfectly dry.

The origin of amber.—Amber, described in "Nuttall's Dictionary" as "a yellow semi-transparent fossil resin," is yet frequently classed with coal as a mineral. Both are most certainly of vegetable origin, and equally ancient. Amber bears evidence of its once fluid, or, more correctly, viscid state, from the fact that small insects, such as flies, and small pieces of

leaves, are sometimes to be seen in the petrified mass. In this, as in many instances where proof is impossible, scientists differ as to what the substance originally was. Some think that it was an animal substance resembling beeswax, and secreted by an ant inhabiting the antediluvian pine forests; but that theory is considerably discounted by the fact that not only does amber vary very much in its shades of color, but that much of it is quite clear, which is considerably against the "beeswax" idea. It is much more feasible, we think with many, to ascribe its possible origin to a resinous gum, oozing from the conifer and pine trees, ages ago, and becoming petrified in the course of time. In point of weight amber is slightly heavier than water.

Mark Twain's taste in tobacco.—Mark Twain appears to have been a remarkable smoker. Quantity seems to have been his predilection more than quality, and strength more than either of these. He would buy some of the most villainous cigars that were ever built. He was beaten once, though, with some cigars which had attractive labels and a Spanish name, but were unspeakable when they began to burn. One day Mr. Clemens bought a pocketful at a dealer's and went off. The next time he visited the same shop he was asked what he thought of the cigars. "Young man," he said to the dealer, "they smoked like a clergyman's discarded habits." The story has been told before of his reply to a friend who met him on Broadway with a couple of cigar boxes under his arm. "Been buying some smokes?" inquired the friend. "No," was the unconcerned reply, "I'm moving."

Good crop years.—It is an accepted fact, in all growths of tobacco, that some years yield much finer flavored leaf than others; consequently, the cigars made therefrom command higher prices. These exceptional crops seldom, if ever, follow each other, but are at intervals of a few years. Possibly this result may be largely attributed to the fact that tobacco is very exhaustive of the soil. Many attempts have been made, with varying success, to enrich the soil of Havana by artificial manures. Guano was used some years ago, but the result was a coarse and heavy tobacco, with a pungent flavor.

CHAPTER THE TENTH

The Art of Buying

ECONOMY in buying is something which every bride should study well, for it means much in the affairs of the home.

It makes no difference whether your income be small or large, for economy is not a personal affair but a matter of principle to be exercised by all. It is merely the introduction of business methods in the home and must be so considered. It must not be confused with close-fistedness nor the buying of things at a low figure. True economy has as much to do with the merit of an article as the price you pay for it, and it is this feature we want to impress upon you well.

The first advice we would give the new housekeeper is to look well into the reputation of the merchant she intends doing business with. It is quite impossible for any woman to know the true values of all household requirements, and in a measure she is at the mercy of those who sell to her. And it must be remembered that there are a great many merchants who fleece the unwary by the skilful advertising of bargain prices and who never expect to sell more than once to the same customer.

If you are in a new neighborhood, therefore, it is always well to try the merchant first whom your neighbors may recommend, and it is always better to go in person than to send your orders by telephone or by the grocer or butcher's messengers.

Personal buying is always best, except of course, where the article is staple and has a fixed price, but the buying of meat, fish and vegetables should always be done in person by the thrifty housewife. In this way she knows what she is getting, and she has the satisfaction of knowing that the selection is her own

Bear in mind, also, to buy the best, even though your income be meagre. It is better to do with less than to secure quantity at the expense of quality. In food there is nothing too good for you. Better by far a small portion of real butter than double

The Art of Buying

its size in some greasy mixture that is butter only in name. This is important, for pure and wholesome food is the very foundation of life and no housewife should ever attempt to penalize her health through false economy.

Every housewife should run her household in a business way. It is easily done and brings results in the added happiness that comes from her husband's approbation. Keep clear of debt. This is a sound maxim which if adhered to will lessen your burdens—for nothing is so distracting to the peace of home as the worry that comes from unpaid bills.

Economy

It is beyond dispute, I think, that we have, as a nation, become more extravagant, and that luxuries of the former decades have become necessities. I think that twenty or thirty years ago people were more afraid of going into debt, more scrupulous about whether they could afford certain things.

Now they must have them whether they can afford them or not. A very good principle which guided the whole life of those among whom my early years were spent was to do without that for which one could not pay. There was no hardship about it neither any talk; it was the order of living, accepted without protest, argument or remark. And there is no doubt that it simplified life very much and lessened worries. When a person once begins to slacken this rule of life, there is no doubt that sensitiveness, in other words conscience, regarding debt quickly becomes blunted. How very often do we hear the remark when a just bill is rendered and probably tossed into the fire, "What a hurry they are in! They can wait." There was no question, however, of our waiting for the thing we wanted. It is the obvious unfairness of such an arrangement which strikes the average fair-minded person. Every woman who goes forth to shop, at sale or any other time, knows what a curb upon the thirst to possess is the ready-money payment. The diminishing horde in a well-filled purse calls a halt more quickly than anything else, and I for one feel sure that if it were possible to make ready-money payments the absolute rule in every purchasing department, then the whole of our mode of life would

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be revolutionized. We should hear less and less of extravagance, of diminishing thrift, of lessened conscientious scruples. I suppose that this arrangement would not be feasible; and even a modest acquaintance with tradesmen, both large and small, convinces me that, as a rule, they are not keen in ready-money payments, but the reverse. The difficulty in getting weekly bills sent in punctually is a very common one with the average housewife. Of course this only happens when the housewife's credit is good. You will find the stores alert enough where doubtful customers are concerned. But it seems all wrong somehow. There is very little incentive to thrift in the average commercial dealing, but very much the reverse. There is no doubt that something can be done by training our children to take the right and economic view of spending. But, on the other hand, as a mother said to me the other day, "it gets tiresome preaching to children, and seems only to demoralize them. Nothing can really teach them but experience."

She was right up to a point, but experience has to be bought in such a dear, and a painful school, that some of us would be glad if we could spare our children some of the throes. Ideas of parental responsibility and duty vary so much that at times one stands abashed and bewildered, not knowing which way to turn. Men and women who have had a hard childhood hold that it is their absolute duty to make the childhood about them happy at all costs. But do you think that children too much indulged, who have every whim granted, are really happy? My own experience has shown me that with most children who have healthy bodies and healthy minds their desires are not naturally exorbitant, but that they find a real pleasure and delight in quite simple things. This is specially the case with young children in the matter of their toys.

Very often the extravagance of children is merely the reflex of that of the parents who think certain things are not only desirable but necessary, and assume that children are of the same opinion. When I hear and read of *blase* children I never blame the children, but their parents or guardian wholly. They are responsible for the environment and for the outlook which make these children old before their time.

The Art of Buying

Reminiscences

The furnishing of the new home is a subject of immense interest to a woman, but one which a man does not as a rule find equally absorbing. He fails to catch the significance of a pattern of wallpaper six inches square, and cannot decide between the merits of green and blue if he has to rely on a mental vision for their probable effect. He will take a lot of trouble to choose his own desk and the armchairs he and she will sit in when they spend a quiet evening at home, and many bridegrooms have shown an unforeseen aptitude for selecting carpets. But what may be called the business part of furnishing, the matching of colors and scheming of the distinctive character of rooms, and the muslin curtains, the saucepans and brooms, and the coal scuttles and fire-irons, all leave him cold. After half-an-hour's shopping he invariably turns his thoughts to the next meal, and will urge a luncheon as a useful aid to choosing wallpapers or drawing-room chairs. His impulse is always to hurry as quickly as possible out of any shop. "Let's go somewhere and talk it over," he says, if she betrays uncertainty. But if she complies, "it" (whatever the thing may be) is the last matter to which he will devote his errant attention. His lack of training handicaps him seriously in this business of house furnishing, his custom having been to step into the shop he knows and where his taste is known and order the thing he wants or the last new variation of it. That method fails him utterly when he is faced with the responsibility of buying a whole houseful of things which he has never had to buy before. As a consequence he probably loses his nerve and begs the girl to go shopping with her mother or her female friends and let him see the result. But then his complaint that he gets too little of her society is justified afresh.

CHAPTER *the* ELEVENTH

Legal Hints

THIS is a subject which is altogether too comprehensive to discuss in the few pages at our disposal; for law is, without question, the most complex of all human affairs. There are a few things, however, which every man and woman will find it well to know, and it is these we impart in brevity, and at the same time putting them in simple everyday language.

A Lease is a form of Contract for the temporary possession of lands and tenements for a certain period of time, or during the pleasure of the two contracting parties. The party who owns the property is the Lessor; the party taking temporary possession of the property is called the Lessee. The amount representing the consideration of the lease is universally called the Rent.

A Landlord is the person who owns or holds the property which he leases or rents to others.

A Tenant is one who secures temporary possession of the property belonging to the landlord, and the lease defines the terms of payment, the period of time and other conditions. While the payment of rent in itself establishes the existence of an understanding between landlord and tenant, it appears desirable to state the conditions and terms in an instrument called the lease, so as to remove all possible misunderstandings.

While the landlord retains certain rights in the property after it has been entered by the tenant, they are confined to the protection of his interests. He may visit the premises peaceably in order to ascertain whether the tenant has injured or destroyed his property, first giving notice of his purpose. But the responsibilities of the landlord are also suspended to a great extent as soon as the tenant has taken possession. The tenant becomes responsible for injuries to strangers due to the neglected condition of the property, or for any nuisance created by the tenant or his family.

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The lease may terminate by a notice to quit, where the lease provides for tenancy from year to year or at will. Such notice must be in writing. Where the lease provides for a certain term of years, it will expire on the day of the year stated in the lease as being the final date of the term, and in that case no notice to quit will be necessary.

At the expiration of the lease the landlord may re-enter upon the premises, if he can do so without violence. If the tenant holds over, the landlord must not take possession forcibly, but must receive possession at the hands of an officer of the law. In that event the tenant is duty bound to vacate the premises, retaining only a reasonable right of admission for the purpose of removing his goods, etc.

Mortgages.—The mortgage on both personal property and real estate is a conveyance securing the performance of some act, such as the payment of money according to certain terms and conditions stated in the mortgage; it becomes void as soon as the act is performed in accordance with such conditions. A mortgage must be in writing where it is intended to convey the legal title, and it must be in one single deed, which contains the entire contract.

In the State of New York the mortgage must be recorded in the proper office in the county in which the property conveyed is located. Married women are not entitled to dower as against the mortgagee for purchase money, although she did not unite in the mortgage; but where such lands are sold by the mortgagee after the death of the husband, the widow takes her interest in the surplus.

The party conveying the property and agreeing to perform certain acts is called the mortgagor. The party furnishing the money or other consideration for which the mortgage is given is called the mortgagee.

Buying Property.—Real property, which includes land and whatever is erected or growing thereon, should not be bought or sold except with the corporation and under the guidance of an attorney versed in real estate matters. There are countless features which enter into the case, and the law is so complex and voluminous that it is utterly impossible to cover this subject

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in full detail within the space available in the "Home Companion."

To state the law briefly, the two contracting parties are: the seller, who gives a thing and passes the title to it in exchange for a certain amount of money to the other party, called the purchaser. The terms and conditions are usually stated in a purchase contract which provides for the payment and delivery of the property at a certain time and place. The purchaser is obliged to receive and pay for the property sold at the time and place so stated. Upon completion of the sale, payment and delivery having been made, the purchaser acquires the title to the property. It is necessary that such conveyances be put in writing, as they usually contain a number of covenants (contracts) relative to the property. These covenants include guarantees and safeguards, such as the security against rights which a third person may have in the property, called incumbrances. They protect the purchaser in the quiet enjoyment of his property against the consequences of a defective title. A general covenant is not as advantageous as a special covenant, which should be as comprehensive as possible. The law of the State of New York provides as follows:

A covenant that the grantor will "execute, or procure any further necessary assurance of the title to said premises" shall be construed as meaning that the grantor and his heirs, or successors, and all and every person or persons whomsoever lawfully or equitably deriving any estate, right, title, or interest of, in or to the premises conveyed by, from, under, or in trust for him or them, shall and will at any time or times thereafter upon the reasonable request, and at the proper costs and charges in the law of the grantee, his heirs, successors and assigns, make, do and execute or cause to be made, done and executed, all and every such further and other lawful and reasonable acts, conveyances and assurances in the law for the better and more effectually vesting and confirming the premises thereby granted or so intended to be, in and to the grantee, his heirs, successors and assigns forever, as by the grantee, his heirs, successors or assigns, or his or their counsel learned in the law shall be reasonably advised or required.

A covenant that the grantor "will forever warrant the title"

Legal Hints

to the said premises shall be construed as meaning that the grantor and his heirs, or successors, the premises granted, and every part and parcel thereof, with the appurtenances, unto the grantee, his heirs, successors and assigns, against the grantor and his heirs or successors, and against all and every person and persons whomsoever lawfully claiming or to claim the same, shall and will warrant and forever defend.

Widow's Dower Rights.—In the State of New York the widow's dower rights consist of one-third estate for life, in the real property of the deceased husband. In other words, if there are any descendants or parents of the husband one-third of the estate goes to the widow, the balance to the descendants or parents of the husband. If there are no parents and no descendants, but if the husband leaves brother or sister, nephew or niece, one-half of the estate goes to the widow, the other half to them. If none such, the entire estate reverts to the widow.

Wills.—(Last will and testament). A will is the direction of the owner of property as to the destination of it after his death, and both ancient custom and the law have established the right of a person to dispose of his property through a will, which becomes effective after death. The last will and testament of a person may be amended, qualified or added to later on, by what is known as a codicil, which is part of the will. To be valid, the will must be made when the person making it is of sound mind, and the law prescribes a certain manner in which the will must be signed, witnessed and published.

CHAPTER *the* TWELFTH

General Household Hints

IF you are about to furnish a house, do not spend all your money, be it much or little. Do not let the beauty of this thing, and the cheapness of that, tempt you to buy unnecessary articles. Doctor Franklin's maxim was a wise one—"Nothing is cheap that we do not want." Buy merely enough to get along with at first. It is only by experience that you can tell what will be the wants of your family. If you spend all your money, you will find you have purchased many things you do not want, and have no means left to get many things which you do want. If you have enough, and more than enough, to get everything suitable to your situation, do not think you must spend it all, merely because you happen to have it. Begin humbly. As riches increase, it is easy and pleasant to increase in comforts; but it is always painful and inconvenient to decrease. After all, these things are viewed in their proper light by the truly judicious and discriminating. Neatness, tastefulness, and good sense may be shown in the management of a small household, and the arrangement of a little furniture, as well as upon a larger scale; and these qualities are always praised, and always treated with respect and attention. The consideration which many purchase by living beyond their income, and, of course, living upon others, is not worth the trouble it costs. The glare there is about this false and wicked parade is deceptive; it does not, in fact, procure good friends or win the slightest influence.

Cleaning the house.—Cupboards and closets should be first cleaned, the walls wiped, and the shelves—before being repapered—washed with ammonia and water, and the doors left wide open. Winter clothing must be carefully brushed, and packed away with some good preparation to keep moths away.

Having finished all the cupboards, clean one room at a time, beginning at the top of the house and working downwards.

General Household Hints

The beds must be taken down, and mattress and pillows be well beaten out of doors in the sweet spring air.

The woodwork or ironwork of the bed should be washed over with a weak solution of some good disinfectant, the rugs, if very soiled, should be sent to the cleaner, and also curtains and loose covers, whence they will all return ready for a fresh term of service. The paint must be well washed, and the floor, if polished, well oiled and waxed, the pictures cleaned and put aside for re-hanging, and all bric-à-brac washed.

Nothing adds so much to the well-groomed appearance of a house as well-polished windows. The housekeeper has many delightful window cleaning preparations nowadays from which to choose, and if, after cleaning, a little glycerine is applied on a dry duster a brilliant polish will be the result.

The cleaning of the library or study should be arranged to come on a day when the man who inhabits the room is absent, for if you are not careful he is sure to appear and chant the praises of his college bachelor caretaker who perhaps never cleaned his rooms at all.

There is nothing on earth dustier, grimmer, and more of a snare to one's patience and temper in the cleaning time than those books, that for so many weeks of the year have been our solace and our joy, but the thought that the spring cleaning will soon be accomplished and our house sweet and clean once more, helps us to bear up under the last of our trials.

In conclusion a note of warning should be sounded. A good deal of damage may often be wrought during the spring cleaning by the inexperienced housewife, who often concludes that in order to ensure her house being thoroughly clean a cloud of dust is inevitable. Professor Tyndall found by actual experiment that it was impossible to find the smallest amount of dust that was not pervaded by a considerable number of living germs.

Knowing this to be a scientific fact, we should do well to consider if this state of things cannot be altered to the betterment of ourselves and those around us by adopting the system of vacuum cleaning, which takes the place of brushes and brooms, and by the system of suction captures all the fine germ-bearing dust, and removes it from the house entirely.

General Household Hints

When considering a vacuum cleaner in the past, our thoughts have dwelt on a huge machine worked from the outside of the house; but a small vacuum cleaner, so light and portable that a child may almost carry it from room to room is now easily obtainable at a small outlay. It is so easily worked that a room may be cleaned with far less labor and time than by the old process of brooms and brushes.

When one considers what may be saved by the use of this veritable fairy in the house, it is easy to see that a small vacuum cleaner soon pays for itself many times over.

How to wash dishes. The secret of success in dish-washing is in plenty of hot water and clean towels. To do this work properly one requires two tubs—one in which to wash the dishes, while the other is used for rinsing purposes—and when dishes are not dried with a towel, but simply placed to dry in a plate rack, it is better to allow three waters in order to cleanse them properly. Some busy housewives find that one tub is as much as they have time to utilize. In this case, the drying towel must be frequently rinsed out in order to keep it fresh for drying purposes. Two or three tubs do not tend to increase the labor of washing the articles, but rather to lessen it. No cloth is required in the rinsing tub. If breakfast dishes, take cups, saucers, and bread plates first; then add a little more hot water, and wash plates that may have been used for meat or fish. Just drop each article as it is washed into the rinsing tub. The water ought to be quite hot; lukewarm water will never clean dishes properly. Soap is not to be commended in washing dishes, because, if not washed thoroughly off, may cause an unpleasant taste in the food, and, moreover, causes dishes to slip and increases breakage.

How to wash china.—All valuable articles of china ought, if possible, to be washed only by the lady who owns them; when there is any breakage she has then only herself to blame. China must be very carefully handled, principally because of it being so exceedingly delicate. Take a small wooden tub and half fill it with clean lukewarm water—it must on no account be hot. A metal tub or basin is not as desirable, because if an article

General Household Hints

comes in contact with it the hard metal is very apt to cause breakage. The reason why hot water should not be used is because the articles are usually completely immersed. All china articles such as teacups, saucers, plates, are most liable to crack at the lips or edges. A china merchant once said that a fine china cup will stand much hotter water or liquid in the bottom than it would do should the liquid come up to the lip. This is the reason, he said, why one sometimes sees a whole lot of cracks round the lip of a teacup and none anywhere else. Therefore, when supplying tea never fill the cups more than three-fourths full; also do the same when washing them. Do not immerse anything of this kind into very hot water, nor use any soda or other cleanser, as such are very liable to take off gilt, and even coloring. Wash carefully by the aid of a fine sponge, dry with a soft towel, and carefully see that each article is thoroughly dry before putting it away. Do not build the saucers or cups one on top of the other until their dryness is made sure.

Uses of salt.—A little salt rubbed on teacups will remove tea stains, and along with lemon juice will clean stains from the fingers if rubbed on the spots for a short time. If put into whitewash, salt will make it stick better, and if put in water which surrounds the ordinary glue pot it causes a hotter glue to be obtained than where simple water is used. As a tooth powder it will keep the teeth white and the gums hard and rosy. It is a capital gargle for a sore throat, and if taken in time, it is said, will prevent diphtheria. After having a tooth extracted, salt and water held in the mouth will quickly stop the bleeding. Salt is also similarly efficacious when put on cuts.

Two teaspoonfuls in half a pint of tepid water is an emetic always on hand, and is an antidote from poisoning from nitrate of silver. It is also counted on as a valuable cure for neuralgia, if the feet and limbs are bathed night and morning in hot water to which a fair quantity of salt has been added. When taken out, the feet must be rubbed briskly with a coarse towel.

Salt and water can also be used to clean willow furniture. Apply with a brush, then rub dry.

Domestic uses for ammonia.—A little ammonia in tepid water will soften and cleanse the skin. Doorplates should be

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cleansed by rubbing with a cloth wet in ammonia and water. If the colors have been taken out of silks by fruit stains, ammonia will usually restore the color. To brighten carpets, wipe them in warm water in which have been poured a few drops of ammonia. One or two tablespoonfuls of ammonia added to a pail of water will clean windows better than soap. A few drops in a cupful of warm water, applied carefully, will remove spots from paintings and chromos. Grease spots may be taken out of almost any kind of cloth with a weak solution of ammonia and turpentine; lay soft white paper over, and iron with a hot iron. When acid of any kind gets on clothing, spirits of ammonia will kill it. Keep nickel, silver ornaments, and mounts bright by rubbing with woolen cloth saturated in spirits of ammonia. Old brass may be cleaned to look like new by pouring strong ammonia on it, and scrubbing with a scrub brush; rinse in clear water. A tablespoonful of ammonia in a gallon of warm water will often restore colors in carpets; it will also remove whitewash from them. Yellow stains left by sewing machine oil on white may be removed by rubbing the spot with a cloth wet with ammonia, before washing with soap. Equal parts of ammonia and turpentine will take paint out of clothing, even if it be hard and dry. Saturate the spot as often as necessary, and wash out in soap suds. Put a tablespoonful of ammonia in a quart of water, wash your brushes and combs in this, and all grease and dirt will disappear. Rinse, shake and dry in the sun or by the fire. If those who perspire freely would use a little ammonia in the water they bathe in, it would keep their flesh clean and sweet, doing away with any disagreeable odor. Flannels and blankets may be soaked in a pail of water containing one tablespoonful of ammonia and a little suds. Rub as little as possible, and they will be white and clean, and will not shrink. One teaspoonful of ammonia to a teacupful of water will clean gold or silver jewelry; a few drops rubbed on the under side of diamonds will clean them instantly, making them very brilliant.

Impure water—to detect.—To detect impure water, draw a tumblerful from the tap at night, put a piece of white lump sugar into it, and place it on the kitchen mantel shelf, or in any

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place where the temperature will not be under 60 degrees Fahrenheit. In the morning the water, if pure, will be perfectly clear; if contaminated by sewage or other impurities, the water will be milky. This is a simple and safe test.

How to wash kid gloves.—Have ready a little new milk in one saucer, and a piece of brown soap in another, and a clean cloth or towel folded three or four times. On the cloth spread out the glove smooth and neat. Take a piece of flannel, dip it in the milk, then rub off a good quantity of soap to the wetted flannel, and commence to rub the glove downwards towards the fingers, holding it firmly with the left hand. Continue this process until the glove, if white, looks a dingy yellow; if colored till it looks dark and spoiled. Lay it to dry; and old gloves will soon look nearly new. They will be soft, glossy, smooth, shapely and elastic.

Useful Information.—Here are a few hints of common use which the housewife will find very valuable. It is the little things that count, and she who appreciates their value and puts them into use will lighten daily her household burdens.

To prevent the smoking of a lamp.—Soak the wick in strong vinegar, and dry well before you use it.

Eggs may be preserved by applying with a brush a solution of gum-arabic to the shells, and afterward packing them in dry charcoal dust.

Ink Spots may be taken out of furniture by applying spirits of salt.

To take ink-stains out of a colored table-cover.—Dissolve a teaspoonful of oxalic acid in a teacup of hot water; rub the stained part well with the solution.

Glass should be washed in cold water, which gives it a brighter and clearer look than when cleansed with warm water.

Straw matting may be cleaned with a large coarse cloth dipped in salt and water, and then wiped dry; the salt prevents the matting from turning yellow.

When velvet gets plushed from pressure, hold the parts over a basin of hot water, with the lining of the dress next the water; the pile will soon rise and assume its original beauty.

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Milk is much better for wiping off linoleum than water.

Copper may be cleaned by scouring with a cut lemon dipped in salt.

A damp chamois is indispensable for wiping off picture frames that are enameled.

A little alum dissolved in the water in which cretonne is washed is an aid in keeping colors bright.

Strong soapsuds and water in which there is washing soda is fatal to china or glassware decorated in gilt.

For removing fly specks from woodwork, picture frames, windows, etc., there is nothing that equals vinegar.

There is no better way to remove egg stains from silver than by rubbing vigorously with a damp cloth dipped in salt.

Tartaric acid will remove almost any iron rust blemish from material and it is excellent for removing yellow marks.

In keeping vegetables do not keep different kinds in the same basket; if you do there is danger of deterioration in flavor.

If a garment is faded and one wishes to bleach it white, boil it in water to which a goodly amount of cream of tartar is added.

To mend an umbrella take a small piece of black sticking plaster and soak it in water until entirely soft. Place this carefully under the hole, inside, and let dry.

If there is danger of color running in a garment, soak it well in solution of turpentine and water for twelve hours, half a pint of turpentine being used to three gallons of water.

When you are ironing any dark material do not put a linen cloth underneath, as the lint will come off on the stuff, and you will have great difficulty in brushing it off again.

In cleaning bric-a-brac it is well to use a soft brush, so as to get into all the crevices where the dust is apt to lodge. The same plan should be followed with cups. Otherwise it is quite impossible to get the china bright about the handles.

In washing hosiery, first turn each stocking inside out and shake thoroughly to remove all dust. Then let them soak for a quarter of an hour in a soapy water. Then they should be rinsed in two waters. If they are ironed, see that the iron is not too hot.

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